

Thought Record Sheet - Anxiety

Situation	Emotions / Moods (rate 0 – 100%)	Physical sensations & reactions	Unhelpful Thoughts / Images	Alternative / realistic thought More balanced perspective	What I did / What I could do / Defusion technique / What's the best response? Re-rate Emotion 0-100%
<p><i>What happened? Where? When? Who with? How?</i></p>	<p><i>What emotion did I feel at that time? What else? How intense was it?</i></p>	<p><i>What did I notice in my body? What would others notice about me?</i></p>	<p><i>What went through my mind? What disturbed me? What did those thoughts/images/memories mean to me, or say about me or the situation? What am I responding to? What 'button' is this pressing for me? What would be the worst thing that could happen? What would be the worst thing about that? Am I over-estimating the danger? Am I under-estimating my ability to cope? Is this fact or opinion?</i></p>	<p><i>STOPP! Take a breath.... What would someone else say about this situation? What's the bigger picture? Is there another way of seeing it? What advice would I give someone else in this situation?</i></p>	<p><i>What will the consequences of my action be? Do what works! Act wisely. What will be most helpful for me, for others, or the situation? What could I do differently? What would be more effective?</i></p>

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