Thought record

Choose one moment. Use your own words. Take a break if needed.

1. Event: What happened that I could observe?

2. Feeling: What did I feel? Optional intensity, 0-100.

3. First thought: What sentence came to mind?

4. Specific information supporting that interpretation

5. Other information / what I do not know

6. Balanced response: How can I consider it all together?

7. Now: How do I feel? Is there a small next step?

Your private note; you do not need to send it. Educational, not therapy or diagnosis.

Notes and example

Pofuna editorial team | Prepared with AI assistance.

Not reviewed by a clinician. Go at your own pace; blanks are fine. Feelings do not have to change immediately. Pause if writing increases distress. Consider professional support for difficulties that persist or affect everyday life.

Fictional example: a question in a meeting

1. Event: What happened that I could observe?

A colleague asked about the cost of my proposal.

2. Feeling: What did I feel? Optional intensity, 0-100.

Anxiety. An intensity rating is personal and optional.

3. First thought: What sentence came to mind?

“They think I am unprepared.”

4. Specific information supporting that interpretation

I could not give an exact cost immediately.

5. Other information / what I do not know

I explained the other sections. My colleague did not reject the proposal; I do not know what they thought.

6. Balanced response: How can I consider it all together?

“I need to complete the costing. One question does not show that my entire work is inadequate.”

7. Now: How do I feel? Is there a small next step?

Still a little anxious. I can check and share the cost information.

This is not a user record or treatment outcome. The worksheet is intended to be printed and completed on paper.

Background: NHS Every Mind Matters - Thought record. This independent worksheet is not an NHS publication or endorsement.

Source link and accessible HTML guide: pofuna.com/en/resources/thought-diary