

BELIEFS/THOUGHTS RECORD

To create a thought record, describe the difficult or stressful situation as it happens during your week. Then list your thoughts, emotions and the way you behaved in the situation. Then think about how you would like to reframe those thoughts in order to feel and behave differently the next time.

Date/Time	Situation	Beliefs/ thoughts about the situation	Emotion(s)	Behaviour(s)	Reframed thought(s)