

Simple 5 column thought record. Date.....page.....

date	situation	thought	outcome	new thought	new desired outcome
time	here you describe briefly the situation	these are the thoughts you identify about that situation.	This is what then happens, this can be behaviour, or emotions, or relating to others,	these are the thoughts you identify would be better thoughts to have, and would lead to the new desired outcome.	this is what you would like to happen in the same situation.