

THOUGHT CLOUDS

There are many things that you think when you are experiencing different situations with different people. these are thoughts that we live in, assume about or act upon.

Most of the time we assume situations and other people's reactions based on our thoughts

In the clouds, write words to describe your thoughts and feelings you are currently feeling

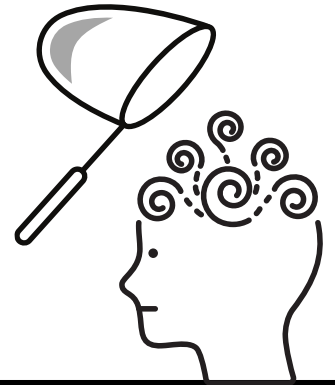


THOUGHT RECORD

A cognitive-behavioural strategy to capture and identify automatic negative thoughts.

EVENT

What happened?



FEELINGS

How did it make me feel?

THOUGHTS

What was I telling myself when the event was happening?

BEHAVIOUR

What was my response to the situation?

SUPPORTIVE EVIDENCE

Why is my thought true?

NON-SUPPORTIVE EVIDENCE

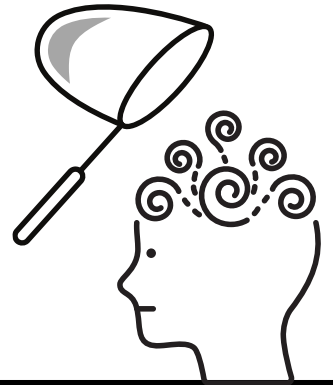
Why might my thought not be true?

THOUGHT RECORD

A cognitive-behavioural strategy to capture and identify automatic negative thoughts.

SITUATION

What happened?



FEELINGS

How did it make me feel?

YOUR RESPONSE

What was I telling myself when the event was happening?

OTHERS REACTION

What was my response to the situation?

WAS YOUR RESPONSE HELPFUL

YES

NO

HELPFUL RESPONSE

If no, how would you like to change your response to make it helpful?

