

Thought Record for Teens

When we have big emotions, it can be helpful to check in with our thoughts, feelings, sensations, and behaviors. This check-in process helps us slow down, so that later, we can decide how best to cope. We've written in a few examples below to show you how to use this worksheet.

What happened?

Write about what happened. What caused your big emotion?

- *Someone teased me in the hallway and a lot of people laughed*
- *I got blamed for something that wasn't my fault*
- *My friend messaged me, telling me we need to talk*

What did you think?

What words or images went through your head?

- *Everyone must think I'm dumb. I don't think I can show my face at school tomorrow*
- *This always happens to me! It's not fair!*
- *Is she mad at me? Did I do something wrong? Does she not like me anymore?*

How did you feel?

Choose from the emojis below, or draw your feeling.



How did your body feel?

Check off any body sensations.

- | | |
|--|------------------------------------|
| <input type="checkbox"/> Fast heartbeat | <input type="checkbox"/> Tired |
| <input type="checkbox"/> Fast breathing | <input type="checkbox"/> Slouched |
| <input type="checkbox"/> Shaky or dizzy | <input type="checkbox"/> Curled up |
| <input type="checkbox"/> Tense muscles | <input type="checkbox"/> Sweaty |
| <input type="checkbox"/> Too much energy | <input type="checkbox"/> Frozen |
| <input type="checkbox"/> Fidgety | <input type="checkbox"/> Unsteady |
| <input type="checkbox"/> Flushed face | <input type="checkbox"/> Pressure |
| <input type="checkbox"/> Teeth clenching | <input type="checkbox"/> Numb |
| <input type="checkbox"/> Lump in my throat | <input type="checkbox"/> Pain |
| <input type="checkbox"/> Too hot | <input type="checkbox"/> Other: |
| <input type="checkbox"/> Too cold | <input type="checkbox"/> _____ |

What did you do?

What actions did you take? Or, what did you feel like doing?

- *I just stood there and looked at the ground. I tried not to show I was bothered*
- *I clenched my fists and argued. I felt like yelling and throwing something*
- *I just wrote "ok" and then ignored my phone for as long as I could*

*This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.



Thought Record for Teens

When we have big emotions, it can be helpful to check in with our thoughts, feelings, sensations, and behaviors. This check-in process helps us slow down, so that later, we can decide how best to cope. This page is blank so you can write in your answers.

What happened?

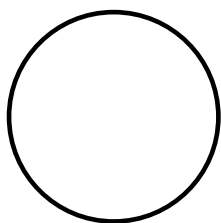
Write about what happened. What caused your big emotion?

What did you think?

What words or images went through your head?

How did you feel?

Choose from the emojis below, or draw your feeling.



How did your body feel?

Check off any body sensations.

- | | |
|--|------------------------------------|
| <input type="checkbox"/> Fast heartbeat | <input type="checkbox"/> Tired |
| <input type="checkbox"/> Fast breathing | <input type="checkbox"/> Slouched |
| <input type="checkbox"/> Shaky or dizzy | <input type="checkbox"/> Curled up |
| <input type="checkbox"/> Tense muscles | <input type="checkbox"/> Sweaty |
| <input type="checkbox"/> Too much energy | <input type="checkbox"/> Frozen |
| <input type="checkbox"/> Fidgety | <input type="checkbox"/> Unsteady |
| <input type="checkbox"/> Flushed face | <input type="checkbox"/> Pressure |
| <input type="checkbox"/> Teeth clenching | <input type="checkbox"/> Numb |
| <input type="checkbox"/> Lump in my throat | <input type="checkbox"/> Pain |
| <input type="checkbox"/> Too hot | <input type="checkbox"/> Other: |
| <input type="checkbox"/> Too cold | <input type="checkbox"/> _____ |

What did you do?

What actions did you take? Or, what did you feel like doing?

**This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*



Thought Record for Teens

Our thoughts and feelings are important! They give us important information. But sometimes, thoughts and feelings can be so big that you may need some help regulating. Here are four sets of questions to help you regulate using your thoughts, sensations, feelings, and/or behaviors.

Thoughts

- Is my thought helpful, true, or kind?
- If not, is there another way to think about this situation?
- Learn about cognitive distortions
- Is there a problem to solve? Who could help me with that problem?

Sensations

- Is my environment too hot, loud, bright, or crowded?
- Is my environment too cold, quiet, or dark?
- Is my body feeling too tense or energetic?
Can I stretch, exercise, or take deep breaths?
- Is my body feeling too sluggish? How can I get my body moving again?

Feelings

- Do I need to let my feelings out?
 - Talk to a family member, friend, or pet
 - Draw or write about my feelings
 - Sing, hum, dance, or move to music that helps me feel better

Behaviors

- Do I need to take a break?
- Is there something I can do to get my mind off my feelings?
 - Make or draw something
 - Play a game, take a walk, ride my bike
 - Relax with music, reading, or a bath
 - Spend time with someone I love

What did you try?

Did a regulation idea work the way you hoped?

What will you try next time?

**This worksheet provides information but is not a substitute for therapy. It works best with guidance from a professional.*





Additional Resources to Support Your Mental Health Journey

It can be hard to know where to begin looking for support in your mental health journey. Getting a referral from a primary care physician is a reliable first step. Also, sometimes family and friends have experienced similar issues and have professionals they would recommend. The experts at ChoosingTherapy.com are here to help as well, with resources we have reviewed and recommend. Our [strict editorial standards](#) ensure our reviews are fair, honest, thorough, and based on firsthand experience.

You Can Trust ChoosingTherapy.com



325+
Companies Reviewed



3,625+
Hours of Firsthand Experience



1,545+
Data Points Analyzed



[Best Online Therapy Platforms for Teens](#)

Online therapy is a convenient way to connect with a licensed therapist to address mental health issues, reduce unhealthy behaviors, develop effective coping skills, and get more satisfaction out of life. Many companies accept insurance and most have next-day appointments available.

[Best Online Psychiatry](#)

Online psychiatry providers enable patients to consult with licensed psychiatrists and other mental health professionals. They can evaluate, diagnose, and prescribe medication to help manage mental health issues. Many companies accept insurance and most have next-day appointments available.



[Best Mental Health Apps](#)

Apps can be great way to monitor mood, track sleep, journal, and practice healthy coping skills like mindfulness and meditation. There are apps specifically designed to help people reduce the symptoms of depression, anxiety, ADHD, chronic stress, and burnout.

[Therapist Directory](#)

When you're looking for a mental health provider with a very particular skill set, level of experience, or personality type, a therapist directory can be very helpful. Using the filters, you can refine your search until you find a therapist who feels like a perfect fit.

