

Thought Record

Cognitive Behavioral Therapy (CBT) helps us understand how our thoughts, feelings, and behaviors all affect each other. Because they are all connected, **we can change how we feel** if we change how we think. Use this worksheet to describe a difficult experience and what you thought, felt, and did. Then challenge your thought, write one that is more helpful or true, and explore how you would feel and what you would do as a result of your new interpretation. We've provided an example on this page, and the next is blank.

Situation
What happened

I just went through a breakup. My social media has been showing me so many engagements and anniversaries this week.

Thought
What went through my mind

"There's something wrong with me. I'm going backwards. No one will ever love me enough to marry me."

Feeling
What I felt emotionally

Sad, embarrassed, angry

Behavior
What I did or had the urge to do

I just want to cry or throw my phone across the room. Usually I try to distract myself instead.

Challenge Your Thought

Use one or more of these questions to challenge your thought and create a new thought

- Is my thought unhelpful or untrue?
- What's another way to look at the situation?
- What's an alternative explanation?
- What would you tell a friend in this situation?
- How will I feel if I keep telling myself the original thought?

To learn more ways to identify and challenge your thoughts in detail, you can check out our [Cognitive Distortions](#) and [Cognitive Restructuring](#) worksheets

Thought
More helpful/true thought

"This just happens to be horrible timing."
"I'm worthy of love whether I'm in a relationship or not."
"Whether or not I ever get married, my friends and family love me."

Feeling
New feeling

Still sad, but more calm

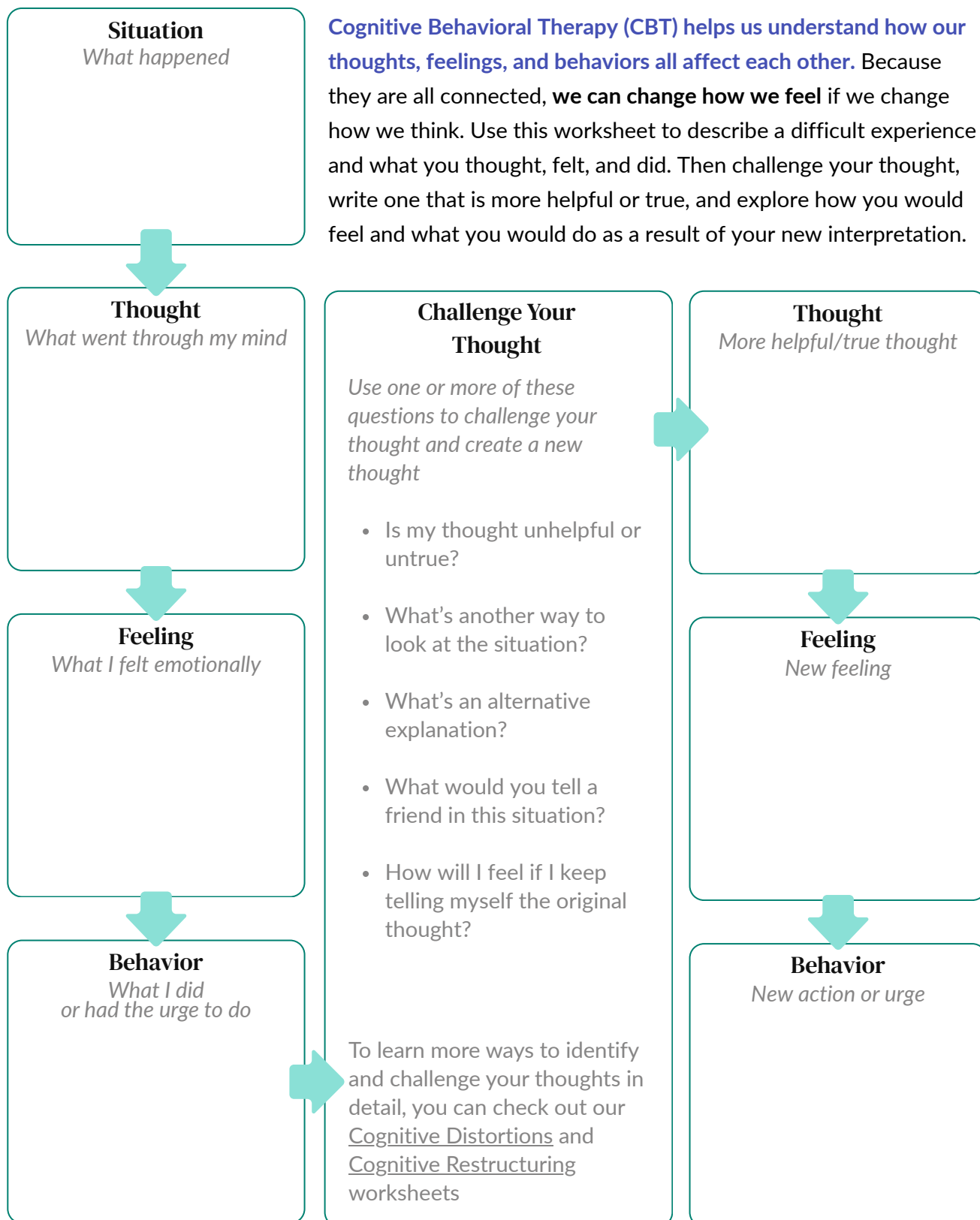
Behavior
New action or urge

Rest, take a social media break, or reach out to my loved ones

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



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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](#)

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.





Tools for Self-Assessment and Psychoeducation

Figuring out the next step in your mental health journey can be overwhelming. Developed by psychologists, the tools at [ChoosingTherapy.com](https://www.ChoosingTherapy.com) can help. Our mental health self-assessment quizzes can help you explore common symptoms of mental health concerns, as well as find the best therapy style for you. Our mental health worksheets can guide you through therapy concepts and how to use them in your life.

[Learn More with Mental Health Quizzes](#)

Our collection of psychologist-developed mental health quizzes can help you learn if you are experiencing mild, moderate, or concerning levels of anxiety, depression, stress, burnout, and more. Each quiz also provides targeted resources based on your answers. These self-assessments are designed to offer insight, not diagnoses, and can be a helpful first step in recognizing symptoms and deciding whether to seek further support. If you have concerns about your mental health or your quiz results, we recommend you reach out to a licensed mental health professional.



[Free Mental Health Worksheets](#)

Search our collection of therapy worksheets by mental health topic, therapy modality, or demographic group. Our free, psychologist-developed worksheets make therapy exercises understandable and relevant to daily life. Find worksheets for help with ADHD, anxiety, depression, relationship difficulties, and other common mental health challenges.