



Anuja Tilak

GMBPSS, PSYCHOTHERAPIST

+91 97731 25910

at.psychotherapy09@gmail.com

Thought Record

🕒 When it happened	📍 What was happening? (Situation)	💭 What went through your mind? (Thought)	😬 How did it make you feel? (Emotion)	🔍 Is it a fact or a feeling?	💡 A more helpful thought
E.g., Tuesday evening	Studying for math test	"I'm definitely going to fail."	Anxious, nervous (7/10)	Feeling – not a fact	"I'm worried, but I've studied 2 chapters. I can still prepare more."

