

Thought Record

Situation	Story/Thought and Feeling	Where is this story coming from?	What did I do?	What happened as a result?	Evidence Against This Story/How is it Not Useful?	Alternative story/Thought and Feeling	What will I do next time?
Just the facts. When? Where? What? Who?	What story did I tell about myself or my spouse? 5 Fold Why. How do I feel (sad, angry, anxious, happy) 0-100	What old experiences is this bringing up? From my past? From my own family? What			How do I or my wife prove my story wrong? How is this thought keeping me from what I want?	What's a better story I can tell? Feeling with new story 0-100	What will I do now? How will I help avoid this in the future? What will probably happen?

		do I fear repeating?					
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