

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? |

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| | | do I fear repeating? | | | | | |
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