

## Thought Record

Thought records act as an effective tool for helping the individual identify and challenge negative or unhelpful thought patterns. They are often used as part of CBT (Cognitive Behaviour Therapy) and involves the individual recording an event that is causing them distress and breaking down the emotions and thoughts that they are experiencing and then looking for evidence for and against the most prominent or hot thought. It is often helpful to rate the intensity of a feeling using a scale of 1 - 10, where 1 is the lowest and 10 is the highest. Rate the emotions at the start of the exercise and then go back and rate the same emotions after completing the exercise. The aim is to bring down the intensity of the emotion and therefore reducing the level of distress for the individual.

Thought records are often used in the management of conditions where depression or anxiety play a large part and affect the person's ability to function.

Situation (When, where and what)	Emotions & rating (Feelings)	Thoughts	Hot thought (most prominent)	Evidence supporting hot thought	Evidence against hot thought

Situation	Emotions	Thoughts	Hot thought	Evidence supporting hot thought	Evidence against hot thought