



Thought Record

A thought feels most true when it stays in your head. Writing it down forces it to end somewhere — and that's usually where you notice it isn't the whole story.

HOW TO USE THIS

1. Fill this in soon after the moment, while you still remember the details.
2. Write what you actually thought, in your own words — not the polite version.
3. Don't argue with yourself in steps 1–3. Just record. The questioning comes later.

1 The situation

Where were you, who was there, what happened? Just the facts a camera would catch.

2 The thought that showed up

The exact sentence your mind said. Often it starts with "I always...", "They think...", or "What if...".

How much did you believe it? (1 = barely, 5 = completely)

3 What you felt

Name the feeling in one word if you can — anxious, ashamed, angry, small — and where you felt it in your body.

4 What actually supports this thought?

Real evidence only — things that happened, not things you assumed.

5 What doesn't fit it?

What would a fair friend point out that you're leaving out?

6 A more balanced way to say it

Not a positive slogan — just a version that holds both sides honestly.

How much do you believe the first thought now?