

WB 8.2 — Thought Record

Use with Chapter 3 (The Thought) in the manual, Chapter 3 in *Shoulder the Bill*. Photocopy as needed.

Reproducible template — photocopy this page and reuse as often as you need.

Purpose The Thought Record is the extended tool for the Thought Reset. It takes a distressing thought through seven steps — situation, thought, evidence for and against, a balanced alternative, and a re-rating — so the thought is checked against reality rather than obeyed.

How to use this page

When: Use when a thought needs more than a quick reset. Work through the steps in order, rating intensity before and after.

Done when: You have written a balanced alternative and re-rated the emotion.

Worked example

Situation: my message got no reply. Thought: 'They're angry.' Anxious, 8/10.

Balanced: 'People get busy; many reasons.' Re-rated: 4/10.

Anchor Phrase: 'A thought is information, not a command.'

Protocol: 1. Situation. 2. Thought + rating. 3. Evidence for. 4. Evidence against. 5. Balanced view. 6. Re-rate.

Loop stage: Name → Ground → Narrow

Situation (observable facts — what actually happened):

Automatic thought, and the emotion + intensity (0–10):

Evidence that supports the thought:

Evidence that does not support it:

A balanced, more accurate view:

Re-rate the emotion now (0–10), and one action to take:

☐ Self-Reward Loop completed