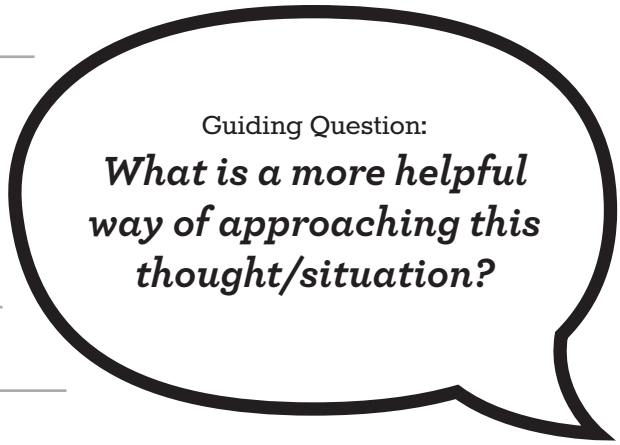
My Thought Record

Keeping a record of thoughts can help clarify feelings and identify distorted thinking. Use the space below to write down negative thoughts you have from time to time. Later, use the question, "What is a more helpful way of approaching this thought/situation?" to reframe your thinking.



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