

Monitoring Thought Record

Use this template to monitor the relationship between unhelpful thoughts, emotions, behaviours and physical sensations.

Date / Time	Trigger / Situation	Negative Thoughts	Negative Emotions	Unhelpful Behaviours	Physical Sensations
Record the date and time of the situation or event	Describe the triggering situation – this could be an initial thought, feeling or image	Describe your negative automatic thoughts, assumptions or beliefs	Describe any negative feelings or emotions associated with these thoughts	Describe any unhelpful, reactive or avoidant behaviours	Describe any distressing physical feelings