

# Thought RECORD

If you have recently experienced an unpleasant event or situation, It can help to write down how you experienced it and how you can deal with it next time

<b>Event</b> What happened?	<b>Thoughts</b> What did you think about?	<b>Feelings</b> How did you feel?	<b>Behaviour</b> How did you react?	<b>Consequence</b> What was the result?

## Helpful Tips

**Event:** be as specific and objective as possible, you want it to be a description of the facts.

**Thoughts:** the dialogue in your head (ideas, fantasies, prejudices, values)

**Feelings:** can also be physical (scared, angry, sad, happy)

**Consequences:** what did I do? What did I not do? What did others do or not?

*Bryony Wiffen*