

Thought Record Sheet: Challenging Negative or Addictive Thoughts

Date: _____

Part 1: Identifying the Negative Thought

1. What is the negative or addictive thought you're experiencing right now?

Write down the thought in as much detail as possible. This could be a belief, assumption, or urge that is influencing your behavior or emotions.

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2. What situation or event triggered this thought?

Think about the event or situation that prompted the thought. Was it a specific person, place, activity, or emotion?

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Part 2: Evaluating the Thought

3. What emotions or feelings did this thought bring up?

Rate the intensity of your feelings (0 = no feeling, 10 = the strongest feeling possible).

- **Emotion(s):** _____
- **Intensity (0-10):** _____
- **Other related emotions:** _____

4. What physical sensations are you noticing in your body?

Pay attention to how your body feels. Do you feel tense, relaxed, anxious, or anything else?

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Part 3: Challenging the Negative Thought

5. What is the evidence FOR this thought?

Write down any facts, past experiences, or observations that seem to support this thought. Be specific.

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6. What is the evidence AGAINST this thought?

Now, think critically. What facts or evidence contradict the negative thought? What might a more objective person think?

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Part 4: Developing Alternative, Healthier Thoughts

7. What is a more balanced or realistic thought that challenges the negative thought?

What could you tell yourself instead of believing this negative thought? Try to be compassionate and realistic.

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8. How do you feel now about the original negative thought?

Rate your emotional intensity again (0 = no feeling, 10 = the strongest feeling possible). Has your emotional intensity changed after challenging the thought?

- **New Intensity (0-10):** _____
- **Emotion(s):** _____

Part 5: Behavioral Change & Coping Strategies

9. What actions can you take to respond to the situation in a healthier way?

Think about how you can put the new, healthier thought into action. What behavior would reflect this more balanced way of thinking?

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10. What coping strategies or self-care practices could help you manage your emotions or cravings?

List any strategies that could help you cope with your feelings in a healthy way.

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