


# Thought Log Worksheet



Reflect on and reframe your thoughts.

 In this activity, you will learn how to use a Thought Log Worksheet to identify, analyse, and reframe your thoughts and feelings in different situations. This will help you develop a more balanced and helpful perspective.

## Understanding Your Thoughts

Our thoughts and feelings are closely connected. By understanding our thought patterns, we can better manage our emotions and reactions. This worksheet will guide you through a process of observing, questioning, and changing your thoughts.

Key Concept	Explanation
<b>Automatic Thoughts</b>	These are thoughts that pop into your head without you consciously choosing them. They often occur in response to a specific situation and can influence how you feel.
<b>Emotions</b>	Emotions are your feelings, such as happiness, sadness, anger, or fear. They can be influenced by your thoughts and the situations you are in.
<b>Balanced Thought</b>	A balanced thought is a more realistic and helpful way of thinking about a situation. It takes into account both the evidence for and against your initial thought.

## How to Use This Worksheet

Follow these steps to complete the Thought Log Worksheet:

- **Pause** and describe the situation.
- **Identify** and rate your emotions.
- **Write** down your automatic thoughts.
- **Look** at the evidence for and against your thoughts.
- **Create** a balanced thought.
- **Re-rate** your emotions and reflect.



## Thought Log Worksheet

Use this worksheet to explore your thoughts and feelings in different situations. Remember, thoughts are not facts. You can observe, question, and change them.

**Situation:** What happened? When and where did it occur?

**Emotions:** What did you feel? Rate intensity (0–100%)

**Automatic Thoughts:** What thoughts went through your mind?

**Evidence For the Thought:** What facts support this thought?

**Evidence Against the Thought:** What facts do not support this thought?

**Balanced Thought:** What is a more realistic, helpful thought?

**Outcome:** How do you feel now? What did you learn?



## Important Reminder

Thoughts are not facts. You can observe, question, and change them.

By completing this Thought Log Worksheet, you have taken a step towards understanding and managing your thoughts and emotions. Remember to practice these skills regularly to improve your mental well-being.