



RESIST YOUR INNER PHARAOH: UNHARDEN YOUR HEART

Activity - Keeping a Thought Record

The following worksheet inspired by [Cognitive Behavioral Therapy: Los Angeles](#) offers a step-by-step guide to crafting a thought record and helps you adjust your thinking to reframe situations. You can repeat this process for any distressing thought.

1. Describe the situation you're struggling with.
2. List every emotion the situation is making you feel and rate their intensity on a scale of 1-10.
3. Write down the thoughts/images that come to mind when reviewing the situation and rate how much you believe them on a scale of 1-10.
4. Select one automatic thought that is causing you the most distress. That thought will be the emotions you'll focus on on the following page.
5. Finally, using your answers from the following page, develop a short alternative response to the automatic thought you're analyzing. Once you're done, cut the response out and put it somewhere you can regularly access it if you ever need to.

SITUATION(S)

EMOTION(S)

AUTOMATIC THOUGHT(S)



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1. What is the effect of believing this thought?

2. What would happen if I didn't believe this thought?

3. What is the evidence supporting this thought?

4. What is the evidence against this thought?

5. Is there an alternative explanation?

6. What's the worst that could happen, and would I survive it?

7. What's the best that could happen?

8. What is the most likely scenario?

9. If my friend, _____ were in this situation, what would I tell them?

10. What can I do about this?



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Now use your answers to the questions on the previous page to create an alternative response for that situation.

MOST LIKELY...



THE ONLY THING I CAN DO...







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Now use your answers to the questions on the previous page to create an alternative response for that situation.





