SEDE COUNSELING

FREE COPING SKILLS WORKSHEET

Thought Check

Our thoughts shape how we feel. Use this sheet to slow down a painful thought and look at it from all sides.

1. What happened?

Where, when, who was there.

2. What went through my mind?

The thought, in my own words.

3. What did I feel? How strong (0–100)?

Sad, angry, worried, ashamed...

4. What supports this thought?

Facts only.

5. What doesn't support it?

What would I tell a friend?

6. A more balanced thought:

Kind and realistic.

7. How strong is the feeling now (0–100)?

Credit: *Adapted from the thought record used in Cognitive Behavioral Therapy (CBT), developed by Aaron T. Beck, MD, and popularized in Mind Over Mood by Dennis Greenberger, PhD, and Christine A. Padesky, PhD. Worksheet adapted by Sede Counseling.*