Thoughts that keep it stuck

An Everyday Insight tool
mythoughtrecord.com

Session 4 of 4 in a skills group from Everyday Insight. A short thought record, adapted from the Thought Record.

NAME

DATE

1 A thought record

Pick a recent moment when you felt stuck about your value, one that matters but isn't the hardest thing you're facing. Rate everything from 0 to 100.

THE SITUATION, THE WAY A CAMERA WOULD HAVE SEEN IT

FEELINGS, AND HOW STRONG EACH ONE WAS

THOUGHTS THAT WENT THROUGH MY MIND

THE HOT THOUGHT, THE ONE TIED TO THE STRONGEST FEELING

HOW MUCH I BELIEVE IT _____

EVIDENCE FOR

EVIDENCE AGAINST

A MORE BALANCED THOUGHT, ONE I CAN BELIEVE

HOW MUCH I BELIEVE THE BALANCED THOUGHT _____

FEELINGS NOW

HOW MUCH I BELIEVE THE HOT THOUGHT NOW _____

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2 Looking back

Look back over all four sessions, and plan how you'll keep going.

THE VALUE I CARRIED

WHAT I DID FOR IT

WHAT CHANGED, EVEN A LITTLE

WHAT I WANT TO KEEP DOING

WHEN I NOTICE I'VE DRIFTED, I WILL

SOMEONE I COULD TELL ABOUT MY PLAN

Keep going

Each tool from this group has a free website. Nothing you enter leaves your device.

Values Card Sort
myvaluescardsort.com
Sort the values again when life changes.

Activity Record
myactivityrecord.com
Log a day and see how your mood moves with it.

Behavioral Experiment
behavioralexperiment.com
Plan a test, run it, and record what happened.

Thought Record
mythoughtrecord.com
Work through a hot thought one step at a time.

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