withYouth
YOUNG PEOPLE'S Digital Wellbeing Services

Thought Record

Keep track of negative thoughts that you have been having - write them down and think about where you were when you were having the thought, what had been happening before you had the thought and how you coped with the thought.

What is the thought?	***What might have caused the thought?***	***How are you feeling?***	***How did you react to these thoughts?***