Thought record

One difficult moment, looked at slowly. Fill in what fits; not every thought needs every box. Date: _____

1. What set this off?
Where you were and who said what, the way a camera would see it. Facts only.

2. What's going through my mind?
The thoughts as they sound in your head, even the unreasonable ones. "What if" thoughts count.

3. How does it feel?
Name each feeling and rate it 0 to 10.

4. The thought that weighs most
Circle it above. How much do you believe it? ____ %

5a. What supports it?
Facts, not feelings.

5b. What doesn't fit it?
Anything you'd be leaving out.

Another explanation?
What else could this mean?

What would I tell a friend?
If they told me this exact story.

Worst, best, most likely
Could I handle the most likely one?

What could I do?
One small step, if there is one.

6. One sentence that feels truer
Not a positive spin. A sentence you would actually accept as fair.

7. Rate again
Believe the original thought now: ____ %. Feelings now (0 to 10): _____

A filled-in example

The "supports it" box isn't empty. A thought record doesn't pretend the mistake didn't happen.

What set this off?	My manager moved our 1:1 to Thursday and didn't say why.
What's going through my mind?	She's unhappy with my work. I'm about to be let go. I should have caught that bug.
How does it feel?	Anxious 8/10. Ashamed 5/10.
The thought that weighs most	"I'm about to be let go." Believe it: 80%.
What supports it?	She didn't give a reason. I did miss that bug.
What doesn't fit it?	My last review was good. She moved two other people's 1:1s this week too.
What would I tell a friend?	A moved meeting isn't a verdict. You'd hear about a real problem sooner than this.
What could I do?	Ask on Thursday what she'd like to see from me this quarter.
One sentence that feels truer	Meetings move all the time. If something's wrong I'll hear it Thursday, and my track record is good.
Rate again	Believe the original thought: 25%. Anxious: 3/10.

Tips

- **Upset right now?** Fill in boxes 1 to 3 and come back to the rest later.
- **Can't find anything that doesn't fit?** Try the friend question first.
- **The truer sentence sounds fake?** Make it smaller and more specific until you could say it with a straight face.
- **The thought turns out to be true?** Then the record has done its job. Work out how big the problem really is and what your next step is.
- **The numbers barely moved?** A small shift counts. One record is one look.

Prefer your phone?

Sukki is an iPhone app that asks these questions one at a time and keeps every record private on your phone.
sukkiapp.com