



## 5-Column Thought Record

This download is a fillable worksheet which allows the option to type directly into the document. A PDF reader (Adobe, Foxit, etc.) is required in order to use fillable features. Worksheets can be saved on the device or sent electronically without the need to print.

<b>Situation</b>	What was happening, what were you thinking about, where were you?
<b>Automatic thought</b>	What thoughts or images went through your mind? Circle the thought that is most upsetting: <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">Hot Thought</span>
<b>Emotional Reaction</b>	What emotions did you feel? e.g., anxiety, depression, anger
<b>Physical Reaction</b>	What was happening in your body? e.g., feeling tense, shaking, heart racing
<b>Behavioural Reaction</b>	What did you do? e.g., withdraw or avoid, use a coping method. Were there reactions you felt the urge to follow but resisted?