**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.

| | |
|---|---|
| **Situation** | What was happening, what were you thinking about, where were you? |
| **Automatic thought** | What thoughts or images went through your mind?<br>Circle the thought that is most upsetting: Hot Thought |
| **Emotional Reaction** | What emotions did you feel? e.g., anxiety, depression, anger |
| **Physical Reaction** | What was happening in your body? e.g., feeling tense, shaking, heart racing |
| **Behavioural Reaction** | What did you do? e.g., withdraw or avoid, use a coping method. Were there reactions you felt the urge to follow but resisted? |