

Balanced thought record

Slow the moment down • look again • choose what helps



Choose one specific moment. The aim is not to prove your first thought wrong, but to understand it, consider the wider picture and decide what response may be most helpful.

1. Situation

What happened? When and where was I? Who was present? What did I notice first?

2. Emotions and moods

What did I feel? How intense was each emotion (0-100%)?

3. Physical sensations

What did I notice in my body? Where did I feel it?

4. Automatic or unhelpful thoughts and images

What went through my mind? What memory, prediction or image appeared? What did I fear it meant about me, another person or the situation?

5. A more balanced perspective

Pause and take one slower breath. What are the facts? What might be an interpretation? Is there another way of seeing this? What would I say to someone I care about? What is the wider picture?

Write something realistic and compassionate - not forced positivity.

6. My most helpful response

What could I do differently now or next time? What is within my control? Which response fits my values and is likely to be effective?

Emotion after reflection: 0 20 40 60 80 100%