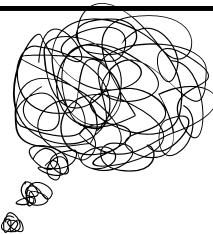


# THOUGHT RECORD

This tool fosters gentle reflection on thoughts, emotions, and body sensations with kindness. It encourages curiosity about experiences, promotes compassionate perspectives, and supports self-awareness and self-care through thoughtful actions.

## WHAT HAPPENED?

Take a moment to describe what situation or event triggered your current feelings.



## HOW AM I FEELING RIGHT NOW?

What are you feeling right now? It's okay to feel multiple emotions.



## WHAT THOUGHTS ARE COMING UP FOR ME?

What are the automatic thoughts or stories your mind is telling you about the situation?



## HOW IS MY BODY RESPONDING?

Gently observe your physical sensations. Where do you notice tension or discomfort?



## HOW CAN I VIEW THIS WITH MORE COMPASSION?

Is there a kinder, more compassionate perspective on this situation?



## WHAT'S A SMALL ACT OF KINDNESS I CAN OFFER MYSELF?

What's one thing you can do right now to care for yourself?

