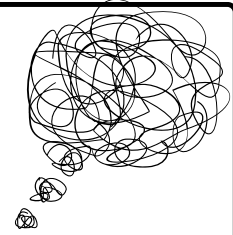


THOUGHT RECORD

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.



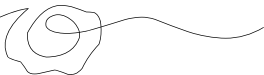
WHAT THOUGHTS ARE COMING UP FOR ME?

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?

