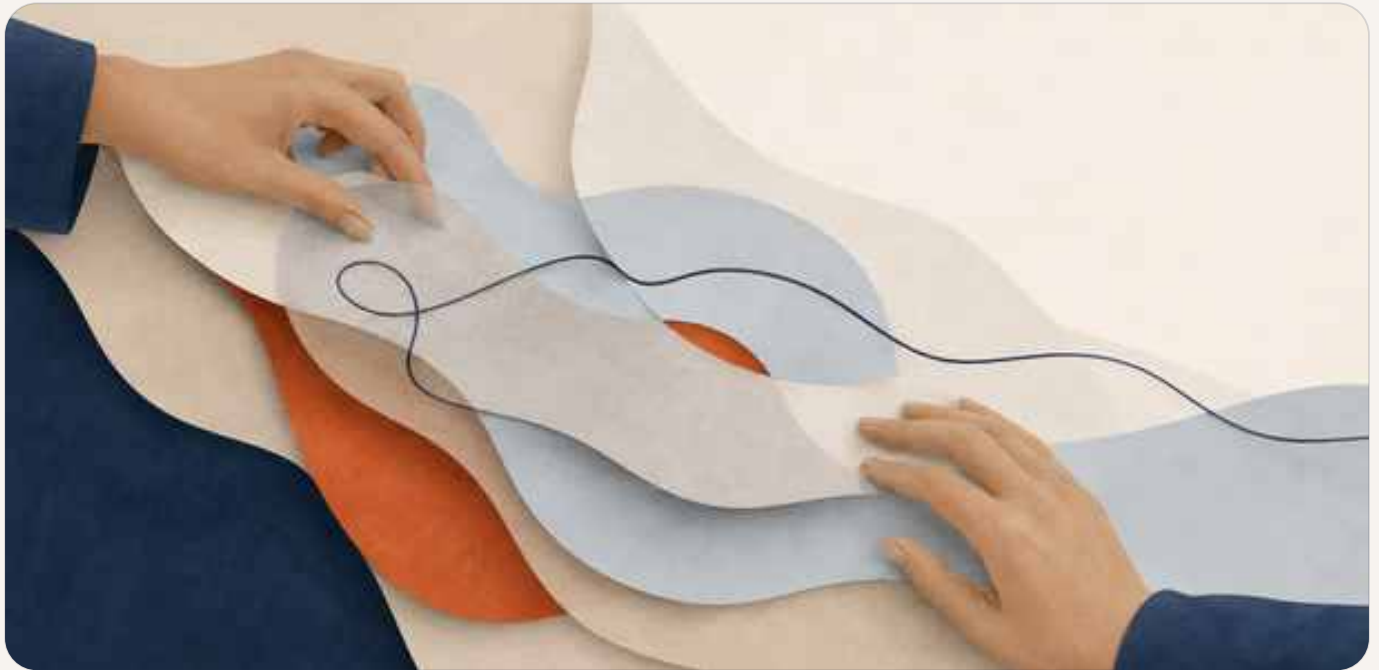


Working with thoughts

Make room for a fuller view without forcing positive thinking.



IN THIS SET

- 05 Automatic thoughts and thinking patterns**
- 06 Seven-column thought record**
- 13 Responding to self-critical thoughts**

A thought can feel true and still leave out important information. This set helps you catch the thought accurately, look at the evidence and respond to self-criticism in a way that supports responsibility rather than attack.

HOW TO USE IT

Begin with the topic that feels most relevant. Each topic includes a short guide and a fillable worksheet. Download the PDF before typing so your notes can be saved.

Automatic thoughts and thinking patterns

Automatic thoughts are the quick meanings, images and predictions that appear in a situation. They are not chosen on purpose, and they are not automatically wrong. The task is to notice them clearly enough to test them.



CATCH THE EXACT THOUGHT

Use the wording that actually showed up in your mind.

- Write a sentence, image, memory or prediction.
- Ask what felt most upsetting about the moment.
- Rate how strongly you believed it from 0 to 100.

NAME PATTERNS LIGHTLY

Labels are clues, not a way to dismiss yourself.

- All-or-nothing, overgeneralising or discounting positives.
- Mind-reading, fortune-telling or catastrophising.
- Emotional reasoning, 'shoulds' or personalising.

SEPARATE THOUGHT FROM FACT

A thought can feel convincing and still be incomplete.

- What is directly observed?
- What is assumed, predicted or remembered selectively?
- What important information is missing?

CHOOSE A USEFUL RESPONSE

The goal is accuracy and flexibility, not forced positivity.

- Write one alternative explanation.
- Consider what you would say to someone you respect.
- Choose an action that helps you gather better information.

TRY THIS AT YOUR OWN PACE

Write the thought as it appeared. You can examine it without judging yourself for having it. You do not need to complete every prompt. If this becomes upsetting or starts to feel like repeated checking, pause and speak with your psychologist or another health professional.

Automatic thoughts and thinking patterns



NAME (OPTIONAL)

DATE

1 SITUATION

What happened? Keep it specific.

2 FIRST THOUGHT

Exact words, image, memory or prediction. Belief 0-100.

3 EMOTION

Name and rate the emotion 0-100. Add body sensations.

4 POSSIBLE PATTERN

Mind-reading, catastrophising, all-or-nothing, 'shoulds', or another pattern?

5 ANOTHER VIEW

What else could explain this? What information is missing?

6 USEFUL ACTION

What response would help or gather better information?

Use brief notes. There is no right way to complete this page. Download the PDF before typing so your entries can be saved.

Seven-column thought record

Use this after a difficult moment to slow the sequence down. Work from the situation through the evidence to a fairer response. Balanced does not mean falsely positive.



SITUATION

Describe what happened as specifically as possible.

- Where were you and who was involved?
- What happened just before the emotion changed?
- What detail would a camera have recorded?

FEELINGS AND FIRST THOUGHTS

Capture the reaction before trying to correct it.

- Name emotions and body sensations; rate emotions 0 to 100.
- Write the words, image or prediction that appeared.
- Mark the thought that carried the most emotion.

EVIDENCE FOR AND AGAINST

Treat this like careful detective work.

- List facts that support the hot thought.
- List facts that do not support it.
- Notice assumptions, missing information and other explanations.

BALANCED RESPONSE AND OUTCOME

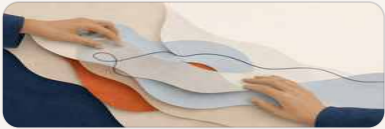
Write a complete view that fits all the information.

- What would you say to someone you care about?
- Re-rate the emotions from 0 to 100.
- Note one useful next action or what you learned.

TRY THIS AT YOUR OWN PACE

Balanced thinking is not forced optimism. It is the most complete view the evidence allows. You do not need to complete every prompt. If this becomes upsetting or starts to feel like repeated checking, pause and speak with your psychologist or another health professional.

Seven-column thought record



NAME (OPTIONAL)

DATE

1 SITUATION What happened? Where, when, who, and what was observable?	2 EMOTIONS and BODY Name and rate emotions 0-100. Add body sensations.	3 AUTOMATIC THOUGHTS Words, image, memory or prediction. Mark the hot thought.	4 EVIDENCE FOR What facts support the hot thought?	5 EVIDENCE AGAINST What facts do not support it? What is missing?	6 BALANCED RESPONSE Write a fairer, more complete view.	7 OUTCOME Re-rate emotions 0-100. Note a useful next action.

Use brief notes. There is no right way to complete this page. Download the PDF before typing so your entries can be saved.

Responding to self-critical thoughts

Self-criticism often tries to prevent mistakes, rejection or complacency. It may use harshness as motivation, but the result can be shame, avoidance and less effective action. CBT asks whether the message is accurate and useful.



CATCH THE CRITIC'S EXACT WORDS

Write the message without softening or exaggerating it.

- What did you call yourself?
- What standard did you say you had failed?
- What did the critic predict would happen next?

SEPARATE BEHAVIOUR FROM IDENTITY

A mistake or limitation is not a complete description of a person.

- What specific behaviour needs attention?
- What global label was added?
- What relevant context or effort was ignored?

TEST WHETHER HARSHNESS HELPS

Useful accountability is clear; attack is usually vague and absolute.

- Did the criticism improve action or create shutdown?
- Would you use this wording with someone you respect?
- What tone would make change more likely?

WRITE A FIRM BUT FAIR RESPONSE

A balanced response can include responsibility and care.

- State what happened accurately.
- Name what you would repair, learn or do next.
- Keep human worth separate from performance.

TRY THIS AT YOUR OWN PACE

You can take responsibility without turning one mistake or limitation into a judgement about your whole self. You do not need to complete every prompt. If this becomes upsetting or starts to feel like repeated checking, pause and speak with your psychologist or another health professional.

Responding to self-critical thoughts



NAME (OPTIONAL)

DATE

1 TRIGGER

What happened just before the self-critical thought?

2 CRITICAL MESSAGE

Exact words, labels, standards or predictions.

3 EFFECT

Emotions, body sensations, urges and what you did next.

4 WHAT IS ACCURATE?

Specific behaviour, responsibility or learning - without global labels.

5 FIRM and FAIR RESPONSE

What would be accurate, respectful and more useful?

6 NEXT ACTION

Repair, learn, practise, ask for help, or let the matter rest.

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