

Name: \_\_\_\_\_ Date: \_\_\_\_\_



## Thinking Report

Situation:	
Thoughts:	
1.	
2.	
3.	
4.	
5.	
6.	
7.	
8.	
9.	
10.	
Feelings:	
Beliefs:	

# Thinking Report



- **Complete a Thinking Report on what happened.**
  1. Write a brief, factual description of the situation
  2. Write down as many thoughts as you can remember
  3. Write down all the feelings you remember having at the time
  4. List one or two beliefs that underlie your thinking in this situation
  
- Remember to focus on the thinking leading to or during the situation, as opposed to what you thought and felt afterward.
  
- Then circle the riskiest thought, riskiest feeling, and riskiest belief that mostly influenced you into the situation.

(Continued on Other Side)