

Thought Record Worksheet

This worksheet helps you identify and reframe negative thoughts that impact your self-esteem.

Examples:

Example:

- Situation: I made a mistake at work.
- Thought: 'I'm terrible at my job.'
- Balanced Thought: 'Everyone makes mistakes, and I can learn from this.'

Instructions:

1. Write down a specific situation where you felt bad about yourself.
2. Identify and record the thoughts you had during this situation.
3. Challenge these thoughts by asking:
 - Is this thought based on facts or assumptions?
 - What evidence supports or contradicts it?
4. Replace the negative thought with a balanced, realistic thought.