

# Thought Model Worksheet

**Name:**

**Age:**

**Date:**

## Understanding your experience

**Circumstance:** Please share the situation as you see it, remembering it's neither good nor bad on its own.

**Thought:** What thoughts come to mind about this situation?

**Feelings:** How do these thoughts make you feel?

**Actions:** What do you find yourself doing when you feel this way?

**Results:** What usually happens after you take these actions?

**Beliefs:** What beliefs might be guiding these thoughts and actions?

## Exploring new perspectives

**Circumstance:** Please share the situation as you see it, remembering it's neither good nor bad on its own.

**New thought:** Can we think of another way to view the same situation?

**New feelings:** How might this new thought change how you feel?

**New actions:** What might you do differently with these new feelings?

**New results:** What positive outcomes could result from these new actions?

**New beliefs:** What new beliefs could support this new perspective?

### Reflections on growth

Reflect on this exercise. How might these insights help you in similar situations in the future?

### Therapist's additional notes

Input any insights or further guidance from today's session here.

### Mental health professional's information

Name:

License number:

Phone number:

Email:

Name of practice: