

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: