

Thought record

What happened, what went through my mind, and what I did next

Use this when the feeling arrives and you want to slow the sequence down enough to see it. The last column is the one that changes things: what you did next is usually where the problem is maintained.

A note for OCD in particular. Arguing with the content of an intrusive thought, or working out how likely it is, tends to feed it. If that is the pattern you are working on, use the exposure planner instead of this sheet.

SITUATION	WHAT WENT THROUGH MY MIND	FEELING, 0 TO 100	WHAT I DID NEXT	WHAT THAT COST OR GAINED ME

Looking back at the week

Anything that came up more than once

What I did next that helped

What I did next that made the next hour easier and the next week harder

A worksheet, not treatment, advice about your situation or a diagnosis. It is best used alongside a qualified clinician. If using it makes things worse, stop and speak to your GP or clinician, and in an emergency call 999. Written by Anxiety CBT Ltd and free to print for personal or clinical use, unchanged and with this footer left on. Not for sale. © 2026 Anxiety CBT Ltd · Dr Daniel O'Rourke · anxietycbt.co.uk/resources/thought-record