NEW DAY RECOVERY
Session 11 Handout

Thought Record

From Session 11. A thought is a claim, not a verdict. Put it on trial: write the facts for it and against it, then write a truer thought. Go one column at a time and rate honestly — numbers show movement.

Name: _____ **Date:** _____

Worked example — read this one first

Column	Example
1. Situation	Tuesday, 6 p.m. My ride to the meeting fell through and nobody answered my first call.
2. Automatic thought	"Nobody really cares if I make it." — I believe it 80%
3. Feelings	Hurt 70 • Angry 50 • Craving 40 (0–100)
4. Evidence FOR the thought	The ride did fall through. One call went unanswered.
5. Evidence AGAINST it	My partner called back in 10 minutes. Staff found me another ride last week. Two people saved me a seat on Sunday.
6. Balanced thought	"One ride fell through. People do care — help was on its way, just slower than I wanted." — I believe it 75%
7. Re-rate	First thought now: 35% • Feelings now: Hurt 30, Craving 10 • Next right action: call my partner back and take the second ride.

Now yours

Column	Write here
1. Situation	What happened? Where, when, who? (facts only)
2. Automatic thought	The exact sentence in my head — and how much I believe it (0–100%): ___%
3. Feelings	Name them and rate intensity (0–100): _____
4. Evidence FOR the thought	Specific facts that support part of it: _____
5. Evidence AGAINST it	Specific facts, history, and what a fair witness would say: _____
6. Balanced thought	A truer sentence that keeps the true piece and drops the false verdict — belief rating: ___%
7. Re-rate	Original thought now: ___% Feelings now: _____ Next right action: _____