

Transformation Thought Record

Behaviour I'm going to work on: _____

e.g. I tend to jump to upsetting conclusions when people don't get back to me

Date	What happened?	My thoughts	My feelings/emotions	My behaviour/actions	New thoughts
June 21st (example)	I didn't hear from Amy after suggesting we might meet up this weekend	Amy clearly has better things to do than see me	I feel hurt because I'm always there when Amy wants to see me	I'll just ignore her for a while – see how she likes that!	Wait, maybe Amy is overwhelmed or even unwell – maybe I should check in with her again?