7-Column Thought Record

Fill it in when your mood drops or you notice an urge to do something unhelpful. Five to ten minutes. Three columns beat zero columns: if you stall, stop at column 5 and bring it to your next session.

1. Situation Who, what, when, where. Facts only.	**2. Moods** One word each. Rate 0–100%.	**3. Automatic thoughts** What went through your mind? Circle the hot thought.	**4. Evidence that supports the hot thought** Facts, not feelings.	**5. Evidence that does not support it** What would a friend point out?	**6. Balanced / alternative thought** Rate how much you believe it 0–100%.	**7. Re-rate moods** Same moods, 0–100% now.

How to use it, with one worked example

This is the 7-column layout popularised by *Mind Over Mood* (Greenberger & Padesky). The Beck Institute's own worksheet uses a shorter layout (situation, automatic thought, emotion, adaptive response, outcome). Use whichever your therapist gave you; the steps are the same.

Worked example (an illustration, not a real client)

1. Situation Who, what, when, where. Facts only.	**2. Moods** One word each. Rate 0–100%.	**3. Automatic thoughts** What went through your mind? Circle the hot thought.	**4. Evidence that supports the hot thought** Facts, not feelings.	**5. Evidence that does not support it** What would a friend point out?	**6. Balanced / alternative thought** Rate how much you believe it 0–100%.	**7. Re-rate moods** Same moods, 0–100% now.
Slack at 4:47pm. Manager: "Let's discuss the deck tomorrow."	Anxious 80% Ashamed 40%	"I'm getting fired." (hot thought) "They hated the deck."	Last quarter's review said "needs tighter narrative."	Same manager asked me to present next week. No warning, no plan. The message is one sentence.	"I don't know what tomorrow is about. What I know is a meeting, not a firing." Belief 70%	Anxious 45% Ashamed 15%

Questions that help with columns 5 and 6

- What is the evidence that this thought is true? What is the evidence that it is not?
- Is there another way to explain what happened?
- What is the worst that could realistically happen, the best, and the most likely? Could I cope with the worst?
- What would I tell a friend who had this thought in this situation?
- What happens if I keep believing this thought, and what could happen if I changed it?

Balanced does not mean positive. It means accurate. If the balanced thought feels fake, it is probably too sunny; make it more specific instead.

Prefer your phone? The same columns, guided, in Conviction for iPhone.

The free Thought Record walks you through each column and keeps your records encrypted on your iPhone, so you can see when the same hot thought comes back. Needs an iPhone 15 Pro or later (Apple Intelligence).
Scan the code with your iPhone camera, or visit **tryconviction.com/thought-record-app**
Fill this worksheet in online: **tryconviction.com/blog/resources/thought-record**