

Three C's Thought Record

Time and Day	
Surroundings What was going on around you right when you had a strong feeling?	
Catch Thought What THOUGHT went through your head (remember – usually many words)?	
Feelings What feeling went through your body (remember – usually one word)?	
Check Thought Is the THOUGHT true and/or helpful? True? Helpful?	
Change Thought What THOUGHT would be more true and/or helpful?	