

# Thought Record

What is my <i>specific</i> fear or worry?	Evaluate the thought (see list below)	Is this solution satisfying?	Look at the thought from another angle (see list)

- Questions to ask myself about the fear or worry:
  - Are there any positive experiences that I am overlooking?
  - Am I being deterministic or assuming things cannot change?
  - What would I say to a friend who told me about this worry?
  - Am I discounting progress or expecting perfection?
  - Am I attaching a negative value judgment to this?
  - Am I assuming something will have catastrophic consequences when it might not?