

TRUE-U

Thought Record Sheet

A gentle tool to help you understand your thoughts, emotions, and responses.

1. Situation

What happened? Where were you? Who was involved?

2. Emotions

What emotions did you feel? Rate each from 0–100%

3. Body Sensations

What did you notice in your body? Where did you feel it?

4. Thoughts

What went through your mind at the time? What did it mean to you?

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5. Evidence For

What facts support this thought?

6. Evidence Against

What facts suggest this thought may not be completely true?

7. Alternative Perspective

What is a more balanced or compassionate way of viewing this situation? What would you say to a friend?

8. Outcome

Re-rate your emotions (0–100%). What feels different now? What could you do differently next time?
