MIRROR HEALTH

Thought Record

MIRROR HEALTH · VIRTUAL PSYCHIATRY

When a situation stirs up a strong feeling, our first thoughts aren't always our most accurate ones. Use this to slow down, look honestly at a distressing thought, weigh it against the evidence — then respond from a steadier place

Date

1 The situation

What was happening? Where were you, who was there, what set this off?

2 What you felt

Name each feeling and rate how strong it was, from 0 to 100%

FEELING	INTENSITY (0–100%)

3 What went through your mind

Write the thoughts that showed up — underline the one that stings the most

4 Weigh the evidence

Evidence it is true

Evidence it may not be the whole story

What would you tell a friend? What are you leaving out?

5 A more balanced thought

Taking both sides into account, what is a fairer, more complete way to see this?

6 Rate your feelings again (0–100%)

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Thinking traps

COMMON PATTERNS TO WATCH FOR

When a thought feels overwhelming, it often carries one of these familiar patterns. Naming the pattern is the first step to loosening its grip. See if any of these fit the thought you worked on

All-or-nothing
Seeing things in black and white, with no middle ground

Catastrophizing
Jumping to the worst outcome and treating it as certain

Mind-reading
Assuming you know what others think — usually the worst

Fortune-telling
Predicting the future as if it were already decided

Overgeneralizing
Taking one event as proof of an "always" or "never"

Emotional reasoning
Believing something is true because it feels true

Should statements
Rigid rules that mostly leave you feeling guilty

Labeling
Turning a single action into a verdict on who you are

Discounting the good
Brushing off what went well as "not counting"

Personalizing
Taking the blame for things outside your control

A few tips

- Be specific and go easy on yourself — this is practice, not a test
- You can print this and write by hand, or type into the fields and save a copy for yourself
- One thought at a time works best — come back to it when a feeling runs strong

If you're a Mirror Health patient and want to go over it together, you can share it through the secure Charm patient portal or bring it to your next visit

This worksheet is an educational tool, not a substitute for professional care, diagnosis, or treatment, and using it does not create a provider–patient relationship. If you are in crisis, call or text 988, or call 911.

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