



## Thought Record: Reappraising Past Events

Old Experiences		New Beliefs		Consequences	
What events stand out to you?		Looking back, what do you think about this experience now?		As you reflect, what do you feel like now?	
What do you remember about the event?					
What did you see, hear, smell, touch, and taste?		How have your beliefs about this experience changed?		What are/will you do moving forward?	
What were you feeling? What did your body feel like?					
What did you do?					