

# Thought Record

Use this thought record to help you learn to challenge your irrational thoughts and identify balanced counter statements. Practice coming up with balanced counter statements by using situations that caused you to experience anxiety. Using this tool can help you when you begin to experience anxiety and irrational thinking in the future.

Situation That Caused Anxiety	What You Were Thinking (Irrational Thought)	Counter Statement (Balanced Thought)
<i>Riding elevator</i>	<i>I won't be able to get out if I have a panic attack.</i>	<i>I can wait until the elevator stops. Nothing will happen to me.</i>