builtbymeli

NAME _____

DATE _____

Thought Patterns Log

Catching the automatic thoughts that run your anxiety — not to argue with them, but to see them clearly enough to make a different choice.

THOUGHTS ARE NOT FACTS

Automatic thoughts arrive fast and feel true — but they are interpretations, not reality. The goal of this log is not to find the "correct" thought. It is to slow down the moment between trigger and response enough to see what thought arrived — and then decide whether to follow it.

1 Your Thought Log

Record anxious moments across the week. The most important column is "The automatic thought" — write it exactly as it arrived, not the polished version.

SITUATION	THE AUTOMATIC THOUGHT (EXACT WORDS)	HOW MUCH YOU BELIEVED IT (0–100%)	EMOTION & INTENSITY (0–10)	WHAT YOU DID IN RESPONSE

builtbymeli worksheets are self-guided educational tools, not therapy or clinical services. They do not reproduce any standardized clinical assessment. Use alongside therapy. If you are in crisis, call or text 988.

2 Your Thought Patterns

Looking at your log — which cognitive patterns appear most often? Check what resonates.

PATTERNS I RECOGNIZE IN MY LOG

Which of these appear most often?

Mind reading — assuming you know what others think

Catastrophizing — jumping to worst case

All-or-nothing — no middle ground

Overgeneralizing — one event = always

Fortune-telling — predicting bad outcomes

Personalizing — everything is about you

Should-ing — rigid rules about how things must be

Emotional reasoning — I feel it, so it must be true

Discounting the positive — good things don't count

The ones most active in my log are...

MY MOST CHARACTERISTIC THOUGHT

The thought pattern that shows up most often in my anxiety is...

The exact kind of thought it produces is something like...

I can tell it's this pattern because it always makes me feel...

CLOSING REFLECTION

Seeing your thoughts from the outside — rather than inside them — is a different experience. What does it feel like to observe them rather than be them?

What I want to remember from this worksheet is...

BETWEEN-SESSION PRACTICE

Keep the log running this week — aim for three to five entries. The most important skill is catching the thought quickly, before it becomes feeling and then behavior. Don't worry about what to do with the thought yet. Just catch it and write it down.

BRING TO YOUR SESSION

→ Which thought patterns appear most often in your log?

→ What is your most characteristic anxious thought — the one that shows up in different situations?

→ How much did you believe your thoughts when you caught them — and did writing them down change anything?

NOTES