Thought Record Worksheet

A thought record is designed to challenge your imposter thoughts with evidence. Think about a time you felt like an impostor as a graduate student or postdoc and fill in each of the columns.

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| --- | --- | --- | --- | --- | --- | --- |
| **Situation / Trigger** | **Mood / Feelings** | **Automatic Thoughts** | **Evidence that supports this thought** | **Evidence that does not support this thought** | **Alternative thought** | **Outcome** |
| What were you doing?  Who were you with? | How did you feel at the time? | What thoughts went through your mind right before you started feeling this way? | What facts support the truthfulness of this though? | What facts or examples indicate that this thought might not be true? (e.g., what would you say if someone else had this thought?) | New thought that takes into account evidence for/against the original thought. | Re-evaluate your mood / feelings. How does the alternative thought make you feel? |

# Thought Record Example

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| **Situation / Trigger** | **Mood / Feelings** | **Automatic Thoughts** | **Evidence that supports this thought** | **Evidence that does not support this thought** | **Alternative thought** | **Outcome** |
| *Seminar class discussion.* | *Anxious (90), nervous (70).* | *Everyone else has such good points, if I speak up everyone will realize that I’m not smart enough to be here.*  *If I ask a question everyone will realize that I didn’t understand the reading, and they all understood it.* | *I did find this reading very difficult to understand and some of my peers have focused on this area of research.* | *Last time I spoke in this class, the prof acknowledged that my point was important.*  *When I’ve talked to my peers, some said they find the readings by this author difficult to understand.*  *I have done well in other similar courses and seminar classes. Being accepted into this competitive program demonstrates my ability to perform well.* | *Everyone in this class, including myself, is here to learn. None of us fully understand the reading and my questions or comments will help everyone in the learning process.* | *Anxious (50),*  *Nervous (40)* |