House of Mind™

The Thought Room

CBT-informed tools for a kinder perspective

Thoughts, feelings, body sensations, and actions influence one another. A convincing thought may still leave out part of the picture.

1

Notice the thought

Name the situation and your feeling. Try: I am noticing the thought that ___. Rate the feeling from 0 to 10 if useful.

2

Separate fact from meaning

Fact: They have not replied. Meaning I added: They do not care about me. Both are worth noticing; they are not the same thing.

3

Check the fuller picture

What supports the thought? What adds another perspective? Am I predicting, mind-reading, or using always or never?

4

Choose a fair thought and action

Aim for believable words, rather than forced positivity. Ask one clear question, take a manageable step, or seek support.

TRY IT IN REAL LIFE

Thought: I made a mistake, so I am a failure. Fairer view: I made a mistake. I can repair what I can and still have worth. Action: identify one repair and take it.

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Your practice page / Write, speak, or reflect privately

When thinking feels too hard

Orient to the room and give yourself a safe pause. Return to the thought record when you can focus. Feelings do not have to change immediately for practice to matter.

01 Situation / facts

02 My automatic thought and feeling (0-10)

03 Evidence for the thought

04 Evidence that adds perspective

05 A fairer thought and one helpful action

One thing I learned / One adjustment I will try

The Thought Room

Keep-close cards / Support, sources, and a next step

NOTICE

I am noticing the thought that ___. A thought can be examined.

CHECK

What facts support this? What facts add another perspective?

BE FAIR

What would I say to someone I care about?

CHOOSE

One believable thought. One manageable action.

CARE & SAFETY

Your thoughts do not cause another person to mistreat you. Do not reframe real threats as overreacting. Protect your notes if someone monitors them; prioritize safety and professional support.

SOURCES & SCOPE

NHS Every Mind Matters: Reframing unhelpful thoughts and Thought record (nhs.uk/every-mind-matters); VA National Center for PTSD: intimate partner violence (ptsd.va.gov).

Original educational guide. Not therapy, a diagnosis, a detox plan, or a substitute for individualized care. Adapt practice with a qualified clinician. Reviewed for this collection: November 2026.