B E T T E R V I A — FREE RESOURCE

Thought Record — Mini Worksheet

Catch the loop, write it down, answer it once. Five lines, two minutes.

1 THE MOMENT

What just happened — one plain sentence, facts only.

2 THE LOUD THOUGHT

The exact sentence your mind said, word for word.

3 HOW LOUD? (0–10)

Circle it: 0 1 2 3 4 5 6 7 8 9 10

4 THE OTHER READING

One calmer sentence that is also true — not positive, just fair.

5 HOW LOUD NOW? (0–10)

Re-rate line 3 after writing line 4. Most people drop 2–3 points.

Print a small stack and keep them where the loop finds you — desk, nightstand, car.

A free Bettervia resource. It stands on its own — it is not a page from The 3 A.M. Brain workbook.
Educational information about psychology — not medical advice, diagnosis, or treatment.