

Ema Thought record (Sample)

Exported 10/10/2026, 09:41 AM

Date & time	Situation	Automatic thoughts	Feelings	Physical sensations	Behavior
10/09/2026, 06:30 PM	I sent a message and haven't heard back yet.	They might be busy. Did I say something that upset them?	Anxious 60% Lonely 30%	My shoulders feel tense.	I reread the message I sent.
10/08/2026, 06:30 PM	I finished presenting what I had prepared for the meeting.	I think I said what I wanted to say.	Relieved 70%	My shoulders relaxed a little.	I noted down what I said on the way home.
10/07/2026, 06:30 PM	I made plans to go for a walk with a friend this weekend.	It could be nice to spend some time outside.	Looking forward to it 60%		I looked up where we would meet.