ThoughtCheck™

A GUIDE FOR THERAPISTS AND COUNSELORS

A thought record your clients will actually do

ThoughtCheck™ is an app that walks a client through a CBT thought record one step at a time, including naming the cognitive distortion. Use it as between-session homework, in group skills work, or as a paper worksheet.

Step in the app	What the client does	Thought record column
1. What happened	Can tap where it happened, and writes only what they saw or heard. Tap-to-fill examples help with a blank page.	Situation
2. How you feel	Taps the closest feeling (with a "Not sure" option and clues from the body) and can pick a more exact word. Then rates it from 0 to 10 on its own screen.	Emotion and intensity
3. The thought	Writes the thought that came quickly, as one sentence. Then reads: "This is a thought. It might not be a fact."	Automatic thought
4. The pattern	Picks one or more of 10 distortions with plain names, or "None of these fit". Likely ones are listed first.	Cognitive distortion
5. The evidence	Lists facts for and against the thought.	Evidence for / against
6. A fairer thought	Says whether the facts support the thought. If they don't, taps a suggested fairer thought or writes their own. If they do, writes one small step they could take and picks or writes something kind to tell themselves.	Alternative thought, or a coping plan
7. The feeling now	Rates the same feeling again from 0 to 10 and can add calm, relieved, proud or grateful.	Re-rate emotion
8. Save	Sees a summary of the check. After saving, the home screen shows their most common patterns this week.	Review

On the Simple level, a check starts with 6 steps, without steps 5 and 7. The app asks before it adds them.

Why it's easy for clients to use

- One short question per screen, in literal, plain language.
- Tap-to-pick feelings, patterns and fairer thoughts, and tap-to-fill examples for the first step. Clients can always write their own.
- Help for clients who find it hard to name feelings.
- Calm, muted colors and no streaks, badges or pressure.
- Every check is free, always.

Privacy

- Checks are saved only on the client's own device.
- Clients don't need an account. Plus uses only their email address to sign in.
- We never receive their checks, so nothing is shared with us or with you unless the client shows it.
- Settings has a free backup file, to keep a copy of their checks or move them to a new device.
- Works offline once installed.

Questions or feedback: hello@thoughtcheck.app

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USING IT WITH CLIENTS

In session

1. Have the client scan the code, or go to thoughtcheck.app/app/ on their phone.
2. Add it to the Home Screen first. iPhone, in Safari: tap the Share button (in the toolbar, or in the "•••" menu on newer iPhones), then "Add to Home Screen". Android, in Chrome: tap the ⋮ menu, then "Add to Home screen" or "Install app".
3. Open it from the new icon and do one check together, using a recent situation. On iPhone, checks made in Safari don't carry over to the Home Screen app.
4. Spend time on step 4. Naming the pattern is where most of the learning happens.

Between sessions

1. Agree on a small target, such as one check whenever a feeling goes above 6.
2. At the next session, ask them to open their saved checks and the weekly patterns view on the home screen.
3. Suggest they save a backup file in Settings now and then.
4. Clients who prefer paper can use the printable thought record. It has steps 1 to 7 of a check on paper. Saving is only in the app.

GOOD FITS

- Clients learning to spot cognitive distortions in CBT, for many emotions: worry, anger, sadness, shame, loneliness.
- Clients who find open-ended worksheets hard to start, or who like predictable structure and literal wording.
- Clients who have trouble identifying what they feel.
- Adults who would rather use a phone than paper.
- Skills groups in clinics, college counseling centers and intensive outpatient programs.

OPTIONAL BIBLE VERSE

This option shows a short Bible verse that fits the client's feeling (or a general verse for "Not sure") at the end of a check, with a note in plain words. Clients are asked once at first use. It stays off unless they choose it, and they can change it in Settings. It links to Meinate, a site from the makers of ThoughtCheck.

IMPORTANT

ThoughtCheck is a self-help tool. It is not therapy, does not diagnose or treat any condition, and is not a crisis service. It is not suitable as the only support for someone at risk. The app shows crisis help lines for the country the client picks, and links to findahelpline.com for other countries.

ThoughtCheck is for adults (18 and older).

FREE MATERIALS

Open the app: thoughtcheck.app/app/

Free printables: thoughtcheck.app/clinicians/
A client handout, a waiting-room poster, QR wallet cards and a paper thought record.

We'd love to hear what would make it more useful for your clients:
hello@thoughtcheck.app

A self-help tool, not therapy. In crisis, call or text 988 (US and Canada), or call Samaritans on 116 123 (UK). Elsewhere: findahelpline.com

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