

PMA Thought Capture Card

The five-step CLEAR method on one page, what counts as evidence, and a week-long capture card.

For adults and older students, and for practitioners, coaches and teachers.

Free resource · 2026

Scope, use and limits

A free one-page summary of the CLEAR reframing method with an evidence test and a printable capture card for a week of practice.

What this resource is for

- Catching automatic thoughts in their own words.
- Separating evidence from argument and feeling.
- Writing a reframe that is accurate rather than merely positive.

What this resource is not for

- Diagnosing, assessing or classifying any person.
- Replacing professional assessment, treatment, supervision or emergency care.
- Producing scores, thresholds or severity ratings.
- Use during a crisis or where there is any risk of harm.

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Contents

CONTENTS

The CLEAR method, in short
What counts as evidence
The strongest single question
Thought capture card

The CLEAR method, in short

Between something happening and how you feel about it there is a sentence. Reframing is not replacing it with a nicer one — it is replacing it with a more accurate one, because you can only believe what is accurate.

Step	What you do
C — Catch	Write the thought verbatim, in the words it arrived in. Do not tidy it.
L — Locate	Situation, feeling, intensity out of ten, body signal, sleep and food.
E — Evidence	Two columns: facts that support it, facts that do not. Facts only.
A — Alternatives	Three other explanations that fit the same facts.
R — Rewrite and test	One accurate sentence, plus one small action that tests it.

What counts as evidence

Counts	Does not count
Something said, close to verbatim	What you assumed somebody meant
Something done, observable, with a date	A feeling, however strong
A number: how many times out of how many	"It always feels like..."
A written record you can re-read	A memory of a general impression
An outcome that has already happened	A predicted outcome

THE STRONGEST SINGLE QUESTION

What would I say to a colleague or a friend who told me this exact sentence about themselves, in these exact circumstances?

Write that answer down word for word. It is very often the reframe, already finished, in language you already believe.

Thought capture card

Catch first. Reframe later — you cannot reframe what you have not caught.

Day / time	Situation	Thought verbatim	Feeling	/10

Which sentence recurred most often this week?

The more accurate version I actually believe

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