

CBT Thought Record

Situation Date	Thoughts or beliefs	Emotions and/or behaviour	Evidence that supports the thought	Evidence that does not support the thought	Alternative thoughts	Emotions or behaviour
<p>My boss and colleagues are staying silent</p>	<p>They're conspiring with my colleagues to fire me</p>	<p>I'm feeling panic and anxiety</p>	<p>My boss has been acting strange</p>	<p>The evidence is that my boss has been acting strange and my colleagues are staying silent</p>	<p>My boss and colleagues are probably just being polite</p>	<p>I'm feeling relief and calm</p>