

## CBT Thought Record

| Where were you?  | Emotion or feeling   | Negative automatic thought   | Evidence that supports the thought                                   | Evidence that does not support the thought   | Alternative thought   | Emotion or feeling   |
|--|--|--|--|--|---|--|
| <p>Where were you?<br/>           What were you doing?<br/>           Who were you with?</p> | <p>Emotions can be described with one word. Eg.: angry, sad, scared<br/>           Rate 0-100%</p> | <p>What thoughts were going through your mind?<br/>           What memories or images were in my mind?</p> | <p>What facts support the truthfulness of this thought or image?</p> | <p>What experiences indicate that this thought is not completely true all of the time?<br/>           If my best friend had this thought what would I tell them?<br/>           Are there any small experiences which contradict this thought?<br/>           Could I be jumping to conclusions?</p> | <p>Write a new thought which takes into account the evidence for and against the original thought</p> | <p>How do you feel about the situation now?<br/>           Rate 0 - 100%</p> |