

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 |
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| <p>Where were you? What were you doing? Who were you with?</p> | <p>Emotions can be described with one word. Eg.: angry, sad, scared Rate 0-100%</p> | <p>What thoughts were going through your mind? 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? If my best friend had this thought what would I tell them? Are there any small experiences which contradict this thought? 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? Rate 0 - 100%</p> |