

CBT Thought Record

Situation Date	Thoughts or Images	Emotions and/or Thoughts	Evidence that supports the thought	Evidence that does not support the thought	Alternative thoughts	Emotions or Thoughts
My son and daughter are driving home	Thinking of accidents and any other thoughts	Am I responsible for this accident? Shouldn't we have a car seat?	We have never had an accident	The accident is not my fault because it is not my fault. It is the fault of the other driver. I have not driven with them before.	I should have a car seat in the car. I should have a car seat in the car.	I am not responsible for this.