

CBT Thought Record

Situation Date	Thoughts or Images	Emotion and/or Thought	Evidence that supports the thought	Evidence that does not support the thought	Alternative thought	Emotion or Thought
My son and daughter are driving home	Thinking he will crash and kill them	Am I responsible for their safety? Shouldn't they be careful?	He has never driven before	The accident is not his fault because he is not the driver. He is the passenger and won't be there with them when they are driving	Thinking that I am responsible for their safety	Anxiety and panic