

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
Where were you? What were you doing? Who were you with?	Emotions can be described with one word. Eg.: angry, sad, scared Rate 0-100%	What thoughts were going through your mind? What memories or images were in my mind?	What facts support the truthfulness of this thought or image?	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?	Write a new thought which takes into account the evidence for and against the original thought	How do you feel about the situation now? Rate 0 - 100%