**CBT Thought Record**

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| **Situation** | **Emotion or feeling** | **Negative automatic thought** | **Evidence that supports the thought** | **Evidence that does not support the thought** | **Alternative Thought** | **Emotion or feeling** |
| Describe what was happening: Who, what, when, where? | Emotions can be described with one word: e.g., angry, sad, scared Rate (0-100%) | Identify one thought to work on: What thoughts were going through your mind? What memories or images were in my mind? | What facts support the truthfulness of this thought or imagine? | 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? | 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% |