CBT Thought Record

A COGNITIVE BEHAVIORAL THERAPY WORKSHEET

Use this worksheet to examine a distressing situation and the thoughts linked to it. By evaluating the evidence for and against your automatic thought, you can develop a more balanced perspective and notice changes in how you feel.

Situation	Emotion	Automatic Thought	Evidence For	Evidence Against	Balanced Thought	Outcome
What happened? Who? What? When? Where?	(0-100%) What did you feel? How strong?	What went through your mind? What were you thinking?	What supports this thought? What facts or experiences support it?	What challenges this thought? What facts argue against it?	A more realistic view. What would you tell a friend?	Emotion now (0-100%) How do you feel now?

Tips for completing this worksheet:

1. Start by describing the situation as objectively as possible - stick to the facts of what happened.
2. Rate your emotion intensity from 0-100% to track how your feelings shift after examining your thoughts.
3. Write down your automatic thought exactly as it came to mind, even if it feels exaggerated.
4. Look for concrete evidence - not feelings or interpretations - when filling in the For and Against columns.
5. Your balanced thought doesn't have to be positive. It just needs to be more realistic and complete.