

CBT Thought Record

What were you doing?	Emotion or Feeling + its intensity on scale 0 to 10	Negative automatic thought	Evidence that supports the thought	Evidence that does not support the thought	Alternative thought	Emotion or Feeling + its intensity on scale 0 to 10
Where were you? Who were you with?	Emotions and feelings are not thoughts, they can be described with one word. E.g.: angry, sad, scared	What thoughts were going through your mind?	What facts support the truthfulness of this thought? Facts are things that can be proven – the who, what, when and where of the situation.	What experiences indicate that this thought is not completely true all of the time? 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. If your best friend was in the same situation what would you tell your friend?	How do you feel about the situation now?