

CBT Thought Record

Notice • Examine • Reframe • Feel Better

Our thoughts, feelings, and behaviors are connected. Use this worksheet to identify and evaluate unhelpful thoughts and develop a more balanced way of thinking.

1. Situation	2. Emotions	3. Automatic Thought	4. Evidence	5. Alternative Thought	6. Re-rate	7. Next Steps
What happened? Where were you? Who was involved? What triggered a change in your mood?	What emotions did you feel? Rate the intensity of each emotion from 0-100%.	What went through your mind in that moment? How strongly did you believe this thought? (0-100%)	What evidence supports this thought? What evidence does not support it? Other explanations?	Considering all the evidence, what is a more balanced, realistic, or helpful way of looking at the situation?	How strongly do you believe the original thought now? (0-100%) How intense are your emotions now? (0-100%)	What could you do now that might be more helpful? What would you like to remember for next time?

Helpful Reminders

- Thoughts are not always facts.
- Be curious and compassionate with yourself.

Tips for Using This Worksheet

- Complete it soon after you notice a change in your mood.
- Aim for a balanced thought that feels realistic and believable.