

A CBT thought record for examining a distressing thought against the evidence. Work through one situation per block below.

Situation 1

1. Situation — what actually happened, just the facts:

2. Automatic thought — the exact thought that went through your mind:

3. Emotion & intensity (0–100%):

4. Evidence for the thought:

5. Evidence against the thought:

6. Balanced thought:

7. Emotion now (0–100%):

Situation 2

1. Situation — what actually happened, just the facts:

2. Automatic thought — the exact thought that went through your mind:

3. Emotion & intensity (0–100%):

4. Evidence for the thought:

5. Evidence against the thought:

6. Balanced thought:

7. Emotion now (0–100%):

Situation 3

1. Situation — what actually happened, just the facts:

2. Automatic thought — the exact thought that went through your mind:

3. Emotion & intensity (0–100%):

4. Evidence for the thought:

5. Evidence against the thought:

6. Balanced thought:

7. Emotion now (0–100%):
