

# CBT Thought Record

## Situation

Where were you?

What were you doing?

## Emotion or feeling

Rate strength 0-100%

## Negative automatic thought

What thought or image went through your mind?

## Evidence that supports the thought

What makes you believe the thought is true?

## Evidence that does not support the thought

What makes you believe the thought is false?

## Alternative thought

Weighing up the evidence for & against, what do you believe now?

## Emotion or feeling

Rate strength 0-100%