

CBT Thought Record

Situation	Emotion (%) Sensations	Automatic/Unhelpful thoughts	Evidence that supports the thought	Evidence that does not support the thought	Alternative thought	Emotion
<p>Describe what was happening: Who, what, when where?</p>	<p>Emotions can be described with one word: e.g. angry, sad, scared Rate 0-100%</p>	<p>Identify one thought to work on: What thoughts were going through your mind? What memories or images were in my mind?</p>	<p>What facts support the truthfulness of this thought or image?</p>	<p>What experiences indicate that this thought is not completely true all of the time? If my best friend had this thought what would I tell them? Are there any small experiences which contradict this thought?</p>	<p>Write a new thought which takes into account the evidence for and against the original thought</p>	<p>How do you feel about the situation now? Rate 0 - 100%</p>

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