

CBT THOUGHT RECORD

Use this worksheet anytime you notice your mood shift or stress rise. Write as soon as possible, but don't worry about perfection — this is about curiosity, not grading yourself.

| SITUATION | AUTOMATIC THOUGHT(S) | EMOTION(S) | SENSATIONS | BALANCED PERSPECTIVE | RESULTS |
|--|--|--|---|---|--------------------------------------|
| What happened before you started feeling this way? | What went through your mind? What did you picture or predict? | What emotions did you feel, and how strong were they (0–100%)? | What did you notice in your body (tight chest, stomach drop, headache, warmth, etc.)? | What's another way of looking at this? What might someone else say? | How do you feel now? Any next steps? |
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Questions to help compose a balanced perspective:

Evidence-Based Questions

- What evidence do I have that this thought is true?
- What evidence do I have that this thought is not true?
- Have I experienced a similar situation before? How did it turn out?
- What would I tell a friend if they had this thought?

Perspective-Shifting Questions

- Am I jumping to conclusions or assuming the worst?
- Are there other possible explanations for this situation?
- What's the most likely outcome?
- If I take a step back, how might I see this thought in a week, month, or year?

Practicality and Usefulness Questions

- Is this thought helping me or holding me back?
- What would happen if I let go of this thought?
- How can I focus on what I can control in this situation?
- Is this thought worth the emotional energy I'm spending on it?

Alternative Interpretation Questions

- Could there be a more balanced or neutral way to think about this?
- What is one positive or constructive thing I can take from this situation?
- How might someone else view this situation?

Kindness and Self-Compassion Questions

- Am I being overly critical of myself? Would I think this way about someone else?
- How would I treat a loved one in this situation?
- What's one small way I can be kinder to myself right now?

Logical and Realistic Questions

- Am I confusing my feelings with facts?
- What is the worst-case scenario, and how would I handle it if it happened?
- Am I exaggerating the negative or minimizing the positive?
- Could I be focusing only on part of the situation instead of the whole picture?

Common Thinking Traps:

- All-or-Nothing Thinking
- Catastrophizing
- Mind-Reading
- Overgeneralizing
- Should Statements
- Emotional Reasoning