

MY CBT

# Thought Record

*Emotions are not wrong. They just are. How we interpret a situation reflects how we will feel about it.*

*Tip: Use a pencil and reuse this page!*

*Where were you? What were you doing? Who were you with?*

*What was the emotion or feeling? Rate your emotions from 1-10. Emotions can be described with one word. E.g.: angry, sad, scared.*

*What was the negative automatic thought? What thoughts were going through your mind? What memories or images came to mind?*

*What is the evidence that supports the thought? What facts support the truthfulness of this thought or image?*

*What is the evidence that does not support the thought? What experiences indicate that this thought is not completely true all of the time? Could you be jumping to conclusions?*

*What is an alternative thought? Write a new thought which takes into account the evidence for and against the original thought.*

*What is the emotion or feeling now? How do you feel about the situation at this point? Rate your emotions from 1-10 and compare with your previous rating.*