

CBT Worksheet: Thought Record

A structured way to examine an upsetting interpretation without forcing positive thinking.

Step 1 - Situation

Write the observable facts: who, what, where, and when.

Step 2 - Automatic thought

What went through your mind? Rate how strongly you believed it from 0-100%.

Step 3 - Emotion and body

Name the emotion and rate intensity. Note relevant physical sensations.

Step 4 - Evidence

List facts that support the thought and facts that do not support it.

Step 5 - Balanced response

Write a response that is accurate, compassionate, and useful. Re-rate belief and emotion intensity.

Step 6 - Action

What behavior fits the evidence and your goals?

Try this reflection

Use one recent event. The goal is not to “win” against your thought; it is to widen the evidence you are considering.

Using this resource: For education and skill-building only; not diagnosis, medical advice, or crisis care. If you feel overwhelmed, pause and seek appropriate professional support. In the U.S., call or text 988 for crisis support; call 911 for an immediate emergency.