

GUIDED WORKSHEET

CBT Thought Record

A structured tool for examining anxious or critical thoughts

*"Finally... whatever is true, whatever is noble, whatever is right... think about such things." --
Philippians 4:8*

A Thought Record is a core CBT technique. It slows down automatic negative thinking and helps you find a more balanced, truthful perspective. Work through one thought at a time.

1. Situation

What happened? Where were you? Who was involved? Describe only the facts.

2. Automatic Thought

What went through your mind immediately? What does this situation mean about you or your life?

3. Emotions

What emotions did you feel? Rate each one 0-100 (e.g. Anxious 70, Sad 40).

4. Evidence Supporting the Thought

What facts support this thought being true?

5. Evidence Against the Thought

What facts suggest this thought is not entirely true, or not the whole story?

6. Balanced / Alternative Thought

Write a new thought that takes all the evidence into account. It should feel true, not just positive.

7. New Emotions

How do you feel now? Re-rate the original emotions (0-100) and add any new ones.
