

Thought Record

CBT's core worksheet: catch the thought, test it against the evidence, write a balanced version. One situation per copy.
Rate beliefs 0–100%.

1. Situation	2. Automatic thought	3. Emotion (0–100)
		Emotion: _____ Before: ____ /100 After: ____ /100
4. Evidence FOR the thought	5. Evidence AGAINST	6. Balanced thought
		New belief: ____ /100

Tip: a balanced thought isn't a positive one — it's a realistic one. Ask: what would I tell a friend in this exact situation?

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