

CBT Thought Record

Use this when a situation triggers a strong emotion or automatic thought. Aim for a response that is more accurate and useful - not simply more positive.

1 Notice -> 2 Examine -> 3 Respond

Situation

What happened? Stick to observable details where possible.

Emotion(s)

Name the emotion and rate intensity from 0-100.

Automatic thought

What went through your mind? Which thought felt most emotionally charged?

Evidence that supports the thought

Facts only. What genuinely points in this direction?

Evidence that does not support it

What facts, context, or alternative explanations are easy to overlook?

Balanced response

Write a response that fits the evidence. It can still acknowledge risk, uncertainty, or difficulty.

Next useful step

Reframe, plan, accept, test, ask, wait - or do nothing for now.

Re-rate the emotion

What is the intensity now (0-100)? What changed, if anything?
