

CBT Thought Record

Situation	Automatic Thought	Mood/ Emotion	Evidence for the Thought	Evidence Against the Thought	Alternative Thought	Outcome
<p>Who was I with? What was I doing? When? Where?</p>	<p>What went through my mind just before I felt like this? What am I afraid might happen? What is the worst that could happen?</p>	<p>Describe each mood you felt at the time in one word. Rate it 0-100</p>	<p>What evidence supports this thought?</p>	<p>What evidence can you think of that does not support this thought?</p>	<p>Any alternative thoughts? Rate how much you believe each one 0-100</p>	<p>How much do you now believe the automatic thought? What emotions do you feel now? What will you do?</p>