

CBT Thought Record

One situation, one thought, and both sides of the evidence.

1. The situation

What happened? Where you were, who was there, what was said or done.

2. What I felt, and how strongly (0 to 100)

Name the feeling in a word or two, then put a number on it.

3. The thought that went through my mind

The sentence itself, not a summary of the mood. Write it the way it arrived.

4. What makes it look true

Facts only. Things that happened, or things that were actually said.

5. What does not fit it

The slow column, and the one that does the work. What would you say to a friend?

6. A fairer version

More accurate, not more positive. A fair version usually has an "and" in it.

7. How strongly I feel it now (0 to 100)

Same feeling, rated again. A small drop still counts.

A self-help worksheet, not therapy and not a clinical instrument. For adults 18 and over.

If you may not be safe, contact local emergency services. In the US you can call or text 988.

Free from sokoon.xyz/thought-record