

Thought Record

CBT — Capture, examine, and reframe



Name: _____ Date: _____

This tool helps you capture unhelpful thoughts, examine the evidence, and find a healthier perspective. Take your time and be honest with yourself — it's about progress, not perfection.

Situation / Trigger

What happened? Where were you? Who were you with?

Automatic Thought

What went through your mind? What were you telling yourself?

Emotions (0-100%)

What did you feel? Rate the intensity of each emotion.

Evidence For

What facts support this thought?

Evidence Against

What facts challenge this thought?

Balanced Thought

What is a more balanced, realistic way of thinking about this?

Outcome / New Feeling

How do you feel now? Rate your emotions again.

 "Be transformed by the renewing of your mind." – Romans 12:2