

Thought Record Worksheet

CBT — Step by step



Name: _____ Date: _____

This tool helps you capture unhelpful thoughts, examine the evidence, and find a healthier perspective.

1 Situation / Trigger

What happened? What were the circumstances?

2 Automatic Thought

What was the first thought that popped into your mind?

3 Emotions (0–100%)

What did you feel and how intense was it?

4 Evidence For / Against

What facts support this thought? What facts challenge it?

5 Balanced Thought

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

6 Outcome / New Feeling

How do you feel now after examining the evidence?

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