

# CBT Thought Record

Where were you?	Emotion or feeling	Negative automatic thought	Evidence that supports the thought	Evidence that does <i>not</i> support the thought	Alternative thought	Emotion or feeling
<p>Where were you?            What were you doing?            Who were you with?</p>	<p>Emotions can be described with one word. E.g.:            angry, sad, scared            Rate 0-100%</p>	<p>What thoughts were going through your mind?            What memories or images were in my mind?</p>	<p>What facts support the truthfulness of this thought or image?</p>	<p>What experiences indicate that this thought is not completely true all of the time?            If my best friend had this thought what would I tell them?            Are there any small experiences which contradict this thought?            Could I be jumping to conclusions?</p>	<p>Write a new thought which takes into account the evidence for and against the original thought</p>	<p>How do you feel about the situation now?            Rate 0 - 100%</p>