

Thought Record

A CBT tool for challenging unhelpful thinking patterns

“Thoughts are not facts. You can observe them without being controlled by them.”

When we feel distressed, our thoughts can become distorted or extreme. This sheet helps you slow down and examine the evidence — gently and without self-criticism.

Date

Situation / trigger

Column	Write here
1. Emotion(s) Rate 0–100%	
2. Automatic thought (hot thought)	
3. Evidence FOR this thought	
4. Evidence AGAINST this thought	
5. Balanced / alternative thought	
6. Emotion(s) now Rate 0–100%	

COMMON THINKING TRAPS TO WATCH FOR

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| ☐ All-or-nothing thinking | ☐ Mind reading | ☐ Catastrophising | ☐ Emotional reasoning |
| ☐ Personalising | ☐ Should/must statements | ☐ Discounting the positive | ☐ Overgeneralising |