

Thought Record Worksheet

A thought record helps you slow down an automatic thought enough to look at it clearly, rather than just feeling swept along by it. Use one row per situation. There's no need to fill in a perfect answer; a rough attempt is enough to start loosening the thought's grip.

1. Situation

What happened? Where were you, who was there, what were you doing?

2. Automatic Thought

What went through your mind? Write the exact words if you can. Rate how much you believe it right now (0–100%).

3. Emotion

Name the feeling (anxious, sad, angry, ashamed...) and rate its intensity (0–100%).

4. Evidence For the Thought

What facts genuinely support this thought being true? (Not feelings, facts.)

5. Evidence Against the Thought

What facts don't fit, or point the other way? What would you tell a friend who had this thought?

6. Balanced Thought

Taking both sides into account, what's a more balanced or accurate way of seeing this?

7. Re-rate

How much do you believe the original thought now (0–100%)? How intense is the emotion now (0–100%)?
