

CBT WORKSHEET

The Thought Record

Catch an anxious thought and walk it through these steps. The goal isn't to win an argument with your mind — it's to give it a wider view.

1. The situation

Where were you? What was happening, in plain detail?

2. The feeling

Name it. Rate the intensity from 0 to 100.

3. The automatic thought

The first sentence your mind offered, in its own words.

4. Evidence the thought is true

What facts support it? (Not feelings — facts.)

5. Evidence the thought may not be true

What facts bend against it? What would a friend point out?

6. A kinder, equally true version

Rewrite the thought to be both honest and gentler.

7. How does it feel now?

Re-rate the original feeling, 0 to 100.
