

# CBT Thought Record Worksheet

*Use this worksheet to track and challenge negative thoughts. Fill in each column for a specific situation.*

## Instructions: How to Use This Worksheet

This Cognitive Behavioral Therapy (CBT) Thought Record helps you identify and challenge negative thought patterns. Follow these steps:

1. **Situation:** Describe the specific event or trigger that led to the thoughts and emotions (e.g., "Got negative feedback at work").
2. **Automatic Thoughts:** Note the immediate thoughts that came to mind (e.g., "I'm not good enough").
3. **Emotions (Rate 0-100%):** List emotions felt and rate their intensity from 0-100% (e.g., "Anxiety - 80%").
4. **Evidence For/Against:** Write evidence supporting the thought, then evidence challenging it (e.g., For: "I made a mistake"; Against: "I've succeeded in other tasks").
5. **Balanced Thought & Outcome:** Create a balanced perspective based on evidence (e.g., "I can improve with practice") and re-rate emotions (e.g., "Anxiety - 40%").

Print this worksheet or use a digital PDF editor to fill in the spaces provided. Use one row per situation and revisit regularly to track progress.

Situation	Automatic Thoughts	Emotions (Rate 0-100%)	Evidence For / Against	Balanced Thought & Outcome

Situation	Automatic Thoughts	Emotions (Rate 0-100%)	Evidence For / Against	Balanced Thought & Outcome