

Thought Records

CBT Psychology for Personal Development

Situation

When?
Where?
With who?
What happened?

Moods Rate 0-100%

List your emotions

Automatic Thoughts

What thoughts make me feel this way?
What does this say about me?
About my future?
About others?
What's the worst thing that could happen if this was true?

Evidence for Hot Thought

Things that happened in the past (negative) that support hot thought. Memories of situations that happened to me and my hot thought was true.

Evidence Against Hot Thought

Things that happened in the past (positive) and do NOT support the hot thought.

Balanced or Realistic Thought

Think of a new, more realistic thought, based on the evidence for and against. Even though...

Re-Rate Moods 0-100%

Copy the emotions listed in column 2 and rate again.