

Thought Records

Situation

When?
Where?
With who?
What happened?

Mood Rating

1-100%

List your emotions and
Rate them

CBT Psychology for Personal Development

Automatic Thoughts

What was going through my mind as I was feeling this way?
What does this mean about me, my life, and my future?
What I am afraid may happen?
What images or memories do I have about this situation?
What's the worst thing that could happen if it was true?