

CBT THOUGHT RECORD – GENERIC

Instructions: Use this template to identify and alter the relationship between difficult situations, negative emotions, unhelpful thoughts, counter-productive behaviours and distressing physical reactions. Practice noticing how identifying and changing negative thinking can alter the way you react in challenging situations.

Situation / Trigger	Initial Response	Negative Automatic Thought	Supporting Evidence	Opposing Evidence	Realistic Alternative Thought	Outcome
Describe the trigger or situation – this could also be an initial thought, feeling or image	Identify any negative emotions, reactions or physical sensations Rate 0-100%	Describe negative automatic thoughts, linked to assumptions, memories or beliefs	What evidence supports this thought?	What evidence opposes this thought?	What is a more helpful or realistic way of thinking about this?	Re-rate emotions and reactions 0-100%