

CBT Thought Record Sheet

<p>Situation</p>	<p>Emotions / feelings (rate 0 – 100%)</p>	<p>Physical sensations</p>	<p>Unhelpful Thoughts / Images</p>	<p>Alternative / more helpful or balanced thoughts</p>	<p>What I did / how I responded or how I would have liked to respond Re-rate Emotion 0- 100%</p>
<p>Describe the situation. Where were you? What happened? Was anyone involved?</p>	<p>Describe what emotions you noticed. How intense was it?</p>	<p>Were there any sensations in your body? Where did you notice them?</p>	<p>What thoughts ran through your mind? How you make sense of my experiences? Why are you reacting this way?</p>	<p>Is there another way that you could look at this? Is your reaction proportionate? Would you expect others to react this way? What would you advise a friend if they were in your shoes? Will you still feel this way in a week, month, year?</p>	<p>Is this how you would have liked to respond? Will this get you the outcome you want? Could you have done something differently? What would be the outcome of responding differently?</p>

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