

# CBT

## THOUGHT RECORD

Trigger/Experience	Feelings	Unhelpful thoughts and images
<p>Report what happened: What? Where? When? Who with?</p>	<p>What emotions did you feel? How intense were these emotions (Rate 0 - 100%)?</p>	<p>Identify What thoughts/images went through your mind? What caused you distress? How much did you believe these thoughts?</p>

Evidence that supports the thought	Facts that don't support the unhelpful thought	Alternative balanced, helpful thought	Emotion or feeling
<p>What facts support the truthfulness of this thought or image?</p>	<p>What evidence indicate the thought is not entirely true? If a close friend had this thought, what would I say to them? Is this thought based on opinion or facts?</p>	<p>Create an alternative thought that takes into consideration the evidence against the unhelpful thought. Is there an alternative way of viewing this? What's the bigger perspective? What would someone else say?</p>	<p>How do you feel Now about the situation? How intense is the emotion? (Rate 0 - 100%)</p>