

Thought Record Template - 7-Column

CBT Worksheet | Print and fill in by hand or use digitally

Date & Time	Situation	Automatic Thought	Emotions (0-100%)	Evidence For	Evidence Against	Balanced Thought

Thought Record Template - 3-Column (Simplified)

Ideal for beginners or quick captures

Situation & Trigger (What happened? Where? When?)	Automatic Thought (What went through my mind?)	Balanced Response (What would I tell a friend?)

Thought Record - Filled-In Examples

Three real scenarios showing how to complete each column

Date & Time	Situation	Automatic Thought	Emotions (0-100%)	Evidence For	Evidence Against	Balanced Thought
Mon 9:30 AM	Boss asked to "have a chat" after lunch	I'm going to get fired. I must have made a mistake.	Anxiety 85% Fear 70% Shame 40%	She sounded serious. Last month I missed a deadline.	She often has casual chats. My review was positive. She said "good work" Tuesday.	She may want to discuss anything. One missed deadline doesn't mean I'll be fired.
Wed 7:15 PM	Friend didn't reply to my message for 2 days	She's angry at me. I said something wrong at dinner.	Anxiety 60% Sadness 50% Guilt 45%	She usually replies the same day. She seemed quiet at dinner.	She's been busy with work deadlines. She liked my post yesterday. People get busy.	She's probably busy. If something was wrong, she'd tell me. I can check in casually.
Fri 11:00 AM	Presentation to the team. Stumbled on one slide.	Everyone noticed. They think I'm incompetent. I ruined it.	Shame 75% Anxiety 65% Frustration 50%	I did pause for a few seconds. One person looked away.	I recovered quickly. Two colleagues said "great job" after. 14 of 15 slides went well.	One stumble doesn't define the whole talk. Most of it went well. Everyone stumbles sometimes.

Notice the pattern:

The balanced thought isn't positive thinking - it's realistic thinking. You're not ignoring the negative; you're weighing ALL the evidence.