

CBT Thought Record

Situation	Moods	Automatic Thoughts	Evidence for the Hot Thought	Evidence against the Hot Thought	Alternative Thoughts	Moods Now
Who was I with? What was I doing? When? Where?	Describe each mood you felt at the time in one word. Rate 0-100	What went through my mind just before I felt like this? What does this say about me, my life, the future? What am I afraid might happen? What is the worst that could happen? Any images or memories?	Circle Hot Thought in previous column. Evidence supporting the conclusion. Avoid mind reading or interpretation.	What evidence can you think of that does not support your hot thought.	Any alternative thoughts? Rate how much you believe each one 0-100.	For each mood rate, 0-100, how much you feel it now.