

The Thought Record

A CBT worksheet to catch a hot thought, weigh the evidence, and find a fairer one. Worksheet.

A thought record helps you slow down a strong reaction and look at the thought behind it. You catch the hot thought, weigh the evidence for and against it, and write a fairer, more balanced one. With practice this gets quicker and easier.

The situation (what happened?)

Feeling, and how strong (0 to 100)

The hot thought (what went through your mind?)

Evidence it is true

Evidence it is not the whole story

A fairer, more balanced thought

Feeling now (0 to 100)

The goal is not fake positivity, it is accuracy. A balanced thought is one you can actually believe.

Learn more: [Cognitive Reframing at shrinkdaily.com/concept/cognitive-reframing](https://shrinkdaily.com/concept/cognitive-reframing)

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