



Cognitive Thought Record

Situation	Feeling/ Emotion (Rate 1-10)	Negative Automatic Thought	Evidence of Negative Thought	Evidence Against Negative Thought	Alternative, Balance Thought, Rational Thought	New Feeling/ Emotion (Rate 1-10)
Where were you? What Happened?	What did you feel?	What thoughts of images went through your mind?	What evidence is there that supports the negative thoughts?	What evidence is there that doesn't support the negative thoughts?	Weighing up the evidence, is there a different, more balanced thought?	Sit with your new thoughts for a while. How do you feel when you consider the more balance thought?