



THOUGHT RECORD

Name: _____

Date: _____

Identify. Challenge. Reframe. Grow.

Cognitive Behavioral Therapy (CBT) helps us understand how our thoughts, feelings, and behaviors all affect each other. Because they are all connected, we can change how we feel if we change how we think. Use this worksheet to describe a difficult experience and what you thought, felt, and did. Then challenge your thought, write one that is more helpful or true, and explore how you would feel and what you would do as a result of your new interpretation.

1 WHAT HAPPENED?



SITUATION
What happened?

2 WHAT WENT THROUGH MY MIND?



THOUGHT
What thought went through my mind?

3 WHAT DID I FEEL?



FEELING
What did I feel emotionally?

4 WHAT DID I DO?



BEHAVIOR
What did I do or have the urge to do?

5 CHALLENGE YOUR THOUGHT

Use one or more of these questions to challenge your thought and create a new thought.



Is my thought unhelpful or untrue?



What's another way to look at the situation?



What's an alternative explanation?



What would you tell a friend in this situation?



How will I feel if I keep telling myself the original thought?



6 MORE HELPFUL/ TRUE THOUGHT



What is a more helpful or true thought?

7 NEW FEELING



How would I feel with this new perspective?

8 NEW ACTION OR URGE



What can I do or how can I respond in a way that supports me?

REFLECTION



What did I learn about myself?



What would be most helpful to remember next time?



What is one small step I can take for myself today?

