

CBT Thought Record Form

Trigger	Physical Sensation	Emotions	Ineffective Automatic Thoughts	Supporting Evidence	Opposing Evidence	Balanced Effective Thoughts
Identify your trigger. This can be an event, person, thought, feeling or memory.	Scan your body from head to toe. Where do you feel your reaction physically?	How do I feel emotionally?	What ineffective thoughts came up in response to my trigger?	What is the evidence that supports this thought?	What is the evidence that opposes this thought?	What is an alternative thought that is more realistic?