

# Blank CBT thought record

Use this after a difficult moment to slow the sequence down. Keep the wording brief and use the questions as prompts rather than rules.

## SITUATION

Describe what happened as specifically as possible.

- Where were you and who was involved?
- What happened just before the emotion changed?
- What detail would a camera have recorded?

## THOUGHTS AND FEELINGS

Capture the first meaning your mind made of the situation.

- What words, image or prediction showed up?
- What emotions and body sensations followed?
- How strong were they from 0 to 100?

## ACTIONS AND CONSEQUENCES

Notice both what you did and what you felt pulled to do.

- Did you avoid, check, argue, withdraw, seek reassurance or act quickly?
- What happened in the short term?
- What happened later for you or other people?

## A BALANCED RESPONSE

Balanced does not mean falsely positive.

- What evidence supports and does not support the first thought?
- What would you say to someone you care about?
- What is one fairer thought and one useful next action?

### Keep the resource in context

Bring the completed record to therapy if it is useful. If writing increases distress sharply or becomes repetitive checking, pause and discuss a different approach with the treating clinician.