

1. Thought Record Worksheet:

- **Title:** Thought Record Worksheet
- **Introduction:** A brief description of how to use the worksheet, explaining that it helps to identify negative thoughts and challenge them.
- **Sections:**
 - **Date:** _____
 - **Situation:** Describe the event or trigger.
 - **Negative Thought:** Write down the negative or automatic thought.
 - **Emotions:** Rate how strongly you feel (on a scale from 1 to 10).
 - **Evidence For:** What evidence supports the negative thought?
 - **Evidence Against:** What evidence contradicts the negative thought?
 - **Alternative Thought:** What is a more balanced or realistic way to think about the situation?
 - **New Emotional Rating:** Re-rate your emotions after considering the alternative thought.

Thought Record Worksheet

Date: _____

Time: _____

1. Situation

- **What happened?**
(Describe the event or situation that triggered the negative thoughts.)

Example: "I made a mistake at work during a meeting."

2. Automatic Thoughts

- **What were you thinking in the moment?**
(List the immediate thoughts that came to mind during or after the situation. Try to capture all of them, even if they seem exaggerated or irrational.)

Example: "I'm terrible at my job," "Everyone will think I'm incompetent."

3. Emotions

- **How did you feel?**

(List all the emotions you felt in response to the situation and the automatic thoughts. Be as specific as possible and rate the intensity on a scale from 0 to 100.)

Example:

- Anxiety (80%)
 - Shame (75%)
 - Embarrassment (70%)
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4. Cognitive Distortions

- **Which cognitive distortions are present in your automatic thoughts?**

(Check any that apply to your thoughts. You may find multiple distortions in one thought.)

- All-or-Nothing Thinking
 - Overgeneralization
 - Catastrophizing
 - Mental Filter
 - Discounting the Positive
 - Jumping to Conclusions
 - Emotional Reasoning
 - Should Statements
 - Labeling
 - Personalization
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5. Evidence For the Thought

- **What evidence supports your automatic thoughts?**

(List any evidence or facts that seem to back up the negative thoughts. Be objective, even if it feels difficult.)

Example:

- I have made mistakes in the past.
 - My colleague commented on my performance, which made me feel judged.
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6. Evidence Against the Thought

- **What evidence contradicts your automatic thoughts?**

(List any facts or alternative perspectives that challenge your negative thoughts. This will help you view the situation more objectively.)

Example:

- Everyone makes mistakes sometimes.
 - My supervisor praised me for my contributions last week.
 - I usually receive positive feedback from my team.
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7. Alternative/ Balanced Thought

- **What would a more balanced or realistic thought be?**

(Create a more realistic and less extreme thought that takes into account the evidence for and against your initial thought.)

Example: "I made a mistake, but it doesn't define my overall abilities. I can learn from this and do better next time."

8. New Emotions

- **How do you feel now?**

(Re-rate your emotions after considering the evidence and coming up with a more balanced thought. Did your emotions shift? Be sure to identify any change in intensity.)

Example:

- Anxiety (50%)
 - Hope (60%)
 - Confidence (65%)
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9. Behavioral Consequences

- **How did you behave as a result of your initial thought?**

(Describe your behavior or actions before challenging your thoughts. Did you avoid something, get more anxious, or act impulsively?)

Example:

- I avoided speaking in the meeting after the mistake.
- I doubted my ability to contribute.

- **How would you behave now after reconsidering your thoughts?**
(What would you do differently after reconsidering your automatic thought and coming up with a balanced perspective?)

Example:

- I will share my next idea in the meeting, feeling confident that I can improve.
 - I will approach my manager for feedback to learn and grow from this experience.
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10. Lessons Learned

- **What did you learn from this experience?**
(Reflect on what this process has taught you. Consider how this worksheet helped you shift your thinking and how you can use this tool in the future.)

Example:

- Mistakes are part of growth, and one mistake doesn't mean I'm incompetent.
 - I am capable of learning from my errors and improving.
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11. Action Plan

- **What steps can you take moving forward to improve or prevent this situation in the future?**
(List any proactive steps you can take to address similar situations or thoughts in the future.)

Example:

- Review my presentation material beforehand to feel more prepared.
 - Practice more self-compassion when mistakes occur.
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Additional Notes

- (This section is optional, but you can use it to write any additional thoughts, reflections, or things you want to keep track of related to your mental health or CBT practice.)

Final Thoughts:

This Thought Record Worksheet helps to guide deeper reflection on thoughts, emotions, and behaviors. It also encourages you to challenge your cognitive distortions more thoroughly and come up with concrete plans for future situations. Using this tool consistently can significantly improve your ability to manage and reframe negative thinking patterns.