

Thought Record Worksheet

Name: _____ Date: _____

1. Situation

Describe the event or situation that triggered your emotional reaction. Include who, what, when, and where.

Event: _____

Who: _____

What: _____

When: _____

Where: _____

2. Emotions

What emotions did you experience? Rate the intensity of each emotion from 0–100%.

Emotion: _____ Intensity (0-100%) _____

Emotion: _____ Intensity (0-100%) _____

Emotion: _____ Intensity (0-100%) _____

3. Automatic Thoughts

What thoughts went through your mind at the time? What did you tell yourself?

4. Evidence Supporting the Thought

What facts support this thought?

5. Evidence Against the Thought

What facts do not support this thought? Are there alternative explanations?

6. Balanced Replacement Thought

Considering all the evidence, what is a more realistic and balanced way of thinking about the situation?

7. Outcome

After developing a balanced thought, re-rate your emotions.

Emotion _____ Original Intensity (0-100%) _____ New Intensity (0-100%) _____

Emotion _____ Original Intensity (0-100%) _____ New Intensity (0-100%) _____

Emotion _____ Original Intensity (0-100%) _____ New Intensity (0-100%) _____

Reflection

What did you learn from completing this exercise?

Example

Situation: My supervisor asked to speak with me after a meeting.

Emotion: Anxiety (85%)

Automatic Thought: "I'm in trouble and I'm probably going to lose my job."

Evidence For: The supervisor looked serious.

Evidence Against: I have not received any negative feedback. My recent performance reviews were positive. Supervisors meet with employees for many reasons.

Balanced Thought: "I don't know why my supervisor wants to meet. It could be about a project update, feedback, or another routine matter. I should wait until I have more information."

Outcome: Anxiety decreased from 85% to 40%.