

Thought worksheet

Situation	Where were you? What were you doing? Who were you with?
Automatic thought	What went through your mind?
Emotion(s)	What emotion(s) did you feel? Rate intensity 0–100%
Cognitive distortions	Identify thinking traps, e.g., catastrophizing, mind reading, all-or-nothing thinking
Evidence for the thought	What supports this thought?
Evidence against the thought	What contradicts this thought?
Balanced thought / reframe	What is a more realistic, balanced thought?
New emotion rating	After reframing, rate the emotion intensity 0–100%