



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%