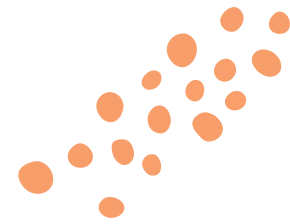# Thought Record

This Thought Record worksheet is a simple tool to help you notice and understand your thoughts and feelings, especially when they're feeling overwhelming or negative. It's perfect for those moments when your mind starts spiraling, and you need a way to pause, reflect, and shift your perspective.

The CBT (Cognitive Behavioural Therapy) Thought Record was created by Dr. Aaron T. Beck in the 1960s as part of his work in developing Cognitive Behavioral Therapy. This simple tool helps people spot negative thoughts and replace them with more positive, balanced ones. It's still widely used today to help manage stress, anxiety, depression and other tough emotions.

This worksheet guides you through identifying the thoughts that are affecting your mood, understanding any unhelpful thinking patterns, and finding healthier, more positive alternatives. Over time, it can help you feel more in control of your emotions and replace negative thoughts with ones that support your well-being.

When to Use It:

Whenever you notice a shift in your mood or find yourself feeling anxious, stressed, or down, take a moment to use the Thought Record. It's a great way to stop, reflect, and change the way you're thinking so you can feel better and more grounded. The more you practice, the easier it becomes to manage your thoughts and feelings with kindness and balance.

Thought Record

Date & Time	Situation	Automatic Thought	Emotion(s)	Alternative thought(s)	Outcome
	• What were you doing?	• What were your thoughts at the time? • From 1-10, how much did you believe each thought?	• How did you feel at the time? • From 1-10, how intense was the emotion?	• Is there factual evidence that the automatic thought is true? • Could there be an alternative explanation?	• How much do you believe in the automatic thought now? • How about the Alternative thought? • How do you feel now? • What can you do now?