

CBT Tool**Thought Record Sheet**

Situation/Trigger <i>Select one event to work with</i>	Feelings/emotions? Rate intensity 0 -10 Body sensations?	The main Unhelpful (negative) thought	Facts that support this unhelpful thought	Facts that provide evidence against this thought	An alternative, more realistic / balanced view of the situation	Outcome of exercise: Re-rate the intensity of the emotion 0 -10