# CBT Thought Log

Use one row whenever you notice a meaningful shift in mood. Record the thought as soon as practical.

| DATE / TIME | SITUATION | AUTOMATIC THOUGHT(S) | EMOTION(S) | ALTERNATIVE RESPONSE | OUTCOME |
|---|---|---|---|---|---|
| 1. When did this happen? | 1. What event, thought, daydream, or recollection led to the unpleasant emotion?<br>2. What distressing physical sensations did you notice? | 1. What thoughts or images went through your mind?<br>2. How much did you believe each one (0-100%)? | 1. What emotions did you feel?<br>2. How intense was each emotion (0-100%)? | 1. Optional: What cognitive distortion did you make?<br>2. Use the questions below to compose a response.<br>3. How much do you believe the response (0-100%)? | 1. How much do you now believe each automatic thought?<br>2. What emotions do you feel now, and how intense are they (0-100%)?<br>3. What will you do, or what did you do? |
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**Questions to help compose an alternative response**

1. What is the evidence that the automatic thought is true? Not true?
2. Is there an alternative explanation?
3. What's the worst that could happen and how could I cope? What's the best that could happen? What's the most realistic outcome?
4. What's the effect of believing the automatic thought? What could be the effect of changing my thinking?
5. If a friend was in the situation and had this thought, what would I tell them? What should I do about it?

Attribution: Based on standard CBT thought-record methods described by Beck, J. S. (2020), *Cognitive Behavior Therapy: Basics and Beyond* (3rd ed.), and Greenberger, D., & Padesky, C. A. (2016), *Mind Over Mood* (2nd ed.). ThisLife layout © 2026.
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