

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? 2. What distressing physical sensations did you notice?	1. What thoughts or images went through your mind? 2. How much did you believe each one (0-100%)?	1. What emotions did you feel? 2. How intense was each emotion (0-100%)?	1. Optional: What cognitive distortion did you make? 2. Use the questions below to compose a response. 3. How much do you believe the response (0-100%)?	1. How much do you now believe each automatic thought? 2. What emotions do you feel now, and how intense are they (0-100%)? 3. What will you do, or what did you do?

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?