

CBT Thought Record Template PDF (Printable)

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Fill in a row when an emotion spikes. Rate emotions from 0 to 100. For "evidence against," ask: What would I tell a friend in this spot? Which facts don't fit this thought? What's the most likely outcome, not the worst one?

CBT thought record template

[illegible]

Thinking traps: a cheat sheet for the "evidence against" column. Name the trap the thought fell into; it makes the counter-evidence easier to find.

- **Catastrophizing:** jumping to the worst outcome. "One awkward meeting means I'll lose my job."
- **Mind reading:** assuming you know what others think. "They went quiet because I'm boring."
- **All-or-nothing thinking:** only extremes. "If it isn't perfect, it's a failure."
- **Overgeneralization:** a rule from one event. "I always mess these things up."
- **Should statements:** rigid rules. "I should handle this without help."
- **Emotional reasoning:** a feeling as proof. "I feel stupid, so I must have done something stupid."
- **Labeling:** one harsh word instead of a description. "I'm an idiot" instead of "I made a mistake."
- **Mental filter:** only the negative detail counts. "Everyone liked it, but one person yawned."
- **Discounting the positive:** good things "don't count." "They only praised me to be polite."
- **Fortune telling:** a prediction treated as fact. "I just know the interview will go wrong."
- **Personalization:** blaming yourself for what you don't control. "The party was dull because of me."

How to rate: for the automatic and the balanced thought, note how much you believe each one (0–100%). The goal isn't zero; a clear shift is a real result.

How to use it: "CBT Thought Record: Template and Worked Example" at emoatlas.com/blog/cbt-thought-record. For self-reflection only; not a substitute for professional advice.