

date:

# THOUGHT RECORD

situation (what happened):

what I felt:

how strong was the feeling(s):

weakest 0 1 2 3 4 5 6 7 8 9 10 strongest

my automatic thoughts were:

1.

2.

3.

how much did I believe my thoughts at the time?

weakest 0 1 2 3 4 5 6 7 8 9 10 strongest

my thoughts are true because:

my thoughts are false because:

Alternate thoughts for next time:

