



CBT THOUGHT RECORD – Fillable Worksheet

Challenge negative thoughts and build emotional clarity.

 **Date & Time:**



1. Situation

What happened? Where were you? What was going on?

Describe the situation:

2. Emotion(s)






What did you feel in the moment? Add intensity (0–100%).

| Emotion | Intensity (%) |
|---|---------------|
|  Sad | |
|  Angry | |

CLARITY AND CARE



BY: SOBIA MANSOOR

| | |
|--|--|
|  Anxious | |
|  Guilty | |
|  Overwhelmed | |
|  Relief/Hope | |
|  Other: _____ | |

3. Automatic Thought(s)

What popped into your mind?

Write your thoughts:

4. Evidence For and Against the Thought

 Evidence that supports the thought:







 Evidence that challenges the thought:

5. Alternative (Balanced) Thought

What's another way to look at the situation?

6. Emotion (After Reframing)

Re-rate the emotions with your new perspective.

| Emotion | Before (%) | After (%) |
|---|------------|-----------|
|  Sad | | |
|  Angry | | |
|  Anxious | | |
|  Guilty | | |
|  Overwhelmed | | |
|  Relief/Hope | | |

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7. What Will I Do Differently Next Time?

Any small step, boundary, or coping tool you'd like to try.
