

# CBT Thought Record Template

*A gentle guide to pause, reflect, and realign your thoughts with truth and self-compassion.*

Rooted in the principles of **Cognitive Behavioral Therapy (CBT)**, this thought record is designed to help you observe your inner world with more clarity. By slowing down the cycle—**Situation → Thought → Emotion → Behavior → Reflection → Reframe**—you create space for healing, growth, and self-kindness.

Use this whenever you feel **overwhelmed, discouraged, stuck, or triggered**. Whether paired with journaling, therapy, or mindfulness practice, this tool helps shift unhelpful thinking patterns and nurture emotional resilience.

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## 1. The Triggering Situation

**What was happening when you began to feel distressed or unsettled?**

Reflect on the external event, conversation, or moment.

*Example:* “I opened my inbox and saw another overdue bill.”

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## 2. The Automatic Thought

**What thought immediately came to mind?**

Let it flow honestly, without judgment.

*Example:* “I’ll never get out of this mess.”

*Note:* There’s no need to fix it yet—just observe it.

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## 3. The Emotional Response

**What emotions were connected to that thought?**

Name them and rate their intensity (0–100%).

*Emotion:* Shame (80%), Anxiety (60%), Hopelessness (50%)

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#### 4. The Behavioral Reaction

##### **How did you respond (or feel like responding)?**

Note any actions or avoidance that followed the emotion.

*Example:* “I shut my laptop and avoided my finances for the rest of the day.”

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#### 5. Thought Reflection

Ask yourself gently:

- Is this thought 100% true?
- What evidence supports or contradicts it?
- Is there another perspective I haven’t considered?
- If a friend were feeling this, what would I say to them?

*Old Thought:* “I’ll never fix this.”

*Reframe Option:* “I’ve taken small steps already. This is hard, but I’m not powerless.”

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#### 6. Reframe & Reinforce

##### **Write a kinder, more grounded belief you can practice.**

Let it reflect strength, grace, and progress—not perfection.

*Reframed Thought:* “Healing isn’t linear. Every step I take matters.”

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#### Gentle Use Tips

- Use this worksheet **during tough moments** or as a **daily mental check-in**.
  - **Save or revisit** your records—patterns and breakthroughs will start to emerge.
  - Approach each section with **self-compassion**, not judgment. This is a practice, not a test.
  - Remember: You don’t have to believe every thought your brain offers.
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**Final Note from *High Stakes Healing***

Your thoughts aren't final truths—they're starting points. With reflection, honesty, and care, you can rewrite the scripts that no longer serve you. And in that rewriting, you'll rediscover your strength.