# Cognitive Behavioral Therapy Thought Record

| Situation | Mood(s) | Mood Intensity | Automatic Thoughts | Evidence to Support Thought | Evidence Against Thought | Alternative/ Balanced Thoughts | Mood Intensity |
|---|---|---|---|---|---|---|---|
| Where were you? What were you doing? Who were you with? When was it? | Describe each mood with one word | Rate the intensity of the mood (0-100%) | What was going through your mind? Identify the negative thoughts. | What facts support the thought? Avoid judgement, interpretation or mind reading. | What facts contradict the thought? | What are the alternatives to the negative thought? What else could be going on? How could you reframe it? | Rate the intensity of your mood now |
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