

## THOUGHT RECORD

Trigger: \_\_\_\_\_

Cognitions (images, thoughts, assumptions, and/or beliefs): \_\_\_\_\_

\_\_\_\_\_

What effect does this thought have on the way I feel? \_\_\_\_\_

\_\_\_\_\_

Strength of belief in cognitions (on a 1-7 scale): \_\_\_\_\_

Challenges to cognitions: \_\_\_\_\_

\_\_\_\_\_

Types of thinking errors: \_\_\_\_\_

\_\_\_\_\_

Alternative viewpoints:

- Worst outcome: \_\_\_\_\_
- Best outcome: \_\_\_\_\_
- Most realistic outcome: \_\_\_\_\_

Rational responses:

Even though I feel that \_\_\_\_\_ is true,  
(thoughts or assumptions)  
the reality is that \_\_\_\_\_.  
(answers to challenges and alternative viewpoints)

Strength of belief in cognitions (on a 1-7 scale): \_\_\_\_\_