

CBT Thought Record – Compassionate Other

Use this form to identify and alter critical thoughts about other people that lead to negative or distressing emotions.

Situation / Trigger	Initial Reaction	Critical Thoughts	Costs / Benefits	Compassionate Thoughts	Altered Reaction
What happened to trigger the problem?	How did you feel emotionally and physically - Rate reaction 0-100%	What critical thoughts came to mind? What did you think about the other person in this situation?	What is helpful and unhelpful about thinking this way?	What compassionate thoughts could promote bonding, security and resilience in this situation?	How would your feelings change?