

## Exercise 12 – The CBT Thought Record

| <b>Situation / Trigger</b><br>This could be an event, initial thought, feeling, memory or image.   | <b>Initial Reaction</b><br>How did I feel emotionally and physically – what did I do in the moment? (Rate intensity 0-100%) | <b>Negative Automatic Thoughts</b> ↓<br>What negative or unhelpful thoughts did I notice; what is the “hot thought”? | <b>Supporting Evidence</b><br>What hard evidence supports the “hot thought”? | <b>Opposing Evidence</b><br>What hard evidence opposes the “hot thought”? | <b>Balanced Alternative Thought</b><br>What is a more helpful and realistic way of thinking about this? | <b>Outcome / Learning</b><br>What can I learn from this to pre-empt the situation in future? (Re-rate intensity 0-100%)             |
|--|---|--|--|---|---|---|
| Didn't get the job I wanted after putting in a lot of time and effort preparing for the interview. | Angry 80%   | This job should have been mine - 100%  | I didn't get the job.  | I was encouraged to apply for the job.                                    | I am disappointed that I didn't get the job, but I can accept that this is just one situation - 80%     | Feeling disappointed, but calmer and more reflective about the experience - 20%.  |
|  | Hopeless - 90%  | It's not fair and I have been cheated - 85%  | Somebody else was appointed.   | I received positive feedback following the interview.                     | Interviews are tricky and it's difficult to know what they are looking for - 85%                        | I noticed that my initial reaction was to automatically feel rejected, unfairly treated and to assume that the world is against me. |
|  |   | There is no point even trying - 80%  | I received feedback about what I had not done well in the interview.         | I have been appointed to jobs in the past.                                | The other person may have been better suited - 85%  | I can pre-empt my tendency to blame myself / others when things don't turn out as expected.   |
|  |   | I am completely useless - 95%  |  | I am respected, well paid and valued in my current role.                  | I gained some valuable experience and I am glad that I took the chance to apply - 90%                   |   |
|  |   | There is no point trying again and I should just accept that I am stuck - 75%  |  |   |   |   |

*What do I notice about my thoughts? Is this a factually accurate, logical and helpful interpretation? What is a more realistic and helpful assessment? How would I objectively judge this if it was affecting somebody else? Will I see this differently in one day/week/month? Is the real problem the situation or the way that I am thinking about the situation?*

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