

CBT Thought Record

Use this exercise to identify and change your reaction to difficult or challenging situations. Describe the trigger in column one; your initial feelings and behaviours in column two; the “hot thought” in column three; supporting and opposing evidence in columns four-five and a balanced alternative thought in column six. Use column seven to reassess your feelings and log your learning.

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

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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