

Cognitive Therapy Thought Record

Situation	Initial Thought	Negative Thinking	Evidence for this Thinking	Alternative Thinking
Describe the situation that led to your unpleasant feelings	What thought first entered your mind?	Identify the negative thinking behind your initial thought.	Look at the evidence for and against this thinking. Have you been in a similar situation before? What strengths do you bring to this situation? Look at the whole picture.	Once you've considered the facts, write down a healthier way of thinking.

This document may be distributed without restrictions. Use with the guidance of a health professional.

Reference: "I Want to Change My Life" by Dr. S. Melemis. www.IWantToChangeMyLife.org