

Cognitive Behavioral Therapy: Thought Record

Think of a recent situation that made you feel upset. Describe the situation here:

Now, close your eyes and imagine you are again in that situation. Make the experience of it in your mind as vivid as you can, filling in the setting, images, and sounds. Reflect on the upsetting thoughts that were running through your head (or that you think could reasonably have been) at the time when this event occurred. Then, complete the table below.

Upsetting thought.	Cognitive distortions.	Truer, more productive thought that disputes distortions.