



CBT THOUGHT RECORD...

SITUATION

FEELINGS

Rate them from 1-10.
10 is very intense. 1
is just a little.

NEGATIVE AUTOMATIC THOUGHTS (AT)

ACTION

ALTERNATIVE THOUGHTS (ALT)

NEW FEELINGS

DIFFERENT ACTIONS

Where are you?
What are you
doing? Who is with
you?

Anxious? Sad?
Lonely? Afraid?
Distracted?
Ambivalent?
Tense? Baffled?

What are you
thinking? What
words/phrases
are going through
your mind?

So, what did you
do?

What would you
say to a friend
if they were in a
similar situation?

After reading your
ALT thoughts, what
new feelings do
you have? Re-rate
your old feelings.

So, now what
would you do if
you have these
new thoughts and
feelings?



EXAMPLE CBT THOUGHT RECORD

Berkeley International Office

SITUATION

FEELINGS

Rate them from 1-10. 10 is very intense. 1 is just a little.

anxiety 8

distracted 3

dread 6

defeated 8

depressed 4



sitting at my desk trying to study for finals

Where are you?
What are you doing?
Who is with you?

Anxious? Sad?
Lonely? Afraid?
Distracted?
Ambivalent?
Tense? Baffled?

NEGATIVE AUTOMATIC THOUGHTS (AT)

I'm so behind in my reading.

I'm not prepared.



I need to do laundry. There's nothing to wear tomorrow.

There is just so much to do.

Maybe I shouldn't be at CAL.

I'm a failure.



I should just give up.

What are you thinking?
What words/phrases are going through your mind?

ACTION

Stare at the computer screen for 10 minutes.

Go online for 2 hours.

Fidget.

So, what did you do?

ALTERNATIVE THOUGHTS (ALT)

I am somewhat prepared. I have to go to most of the lectures and even some office hours.

I can make a plan to read/skim the more essential readings & meet with a study group.

I'm here at CAL now and can start reading in 30-minute chunks. I can take breaks to do laundry.

I am more than a grade.

What would you say to a friend if they were in a similar situation?

NEW FEELINGS

calm 8

focused 7

confident 5

motivated 6

old feelings have gone down.

dread 1

anxiety 3

defeated 1

distracted 0

depressed 0

After reading your ALT thoughts, what new feelings do you have? Re-rate your old feelings.

DIFFERENT ACTIONS

Start writing down a plan for the next two hours

Text a friend in class to set up a time to study together

Take a few minutes to gather clothes to do laundry.

So, now what would you do if you have these new thoughts and feelings?