



# 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

## 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

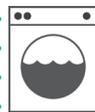
Where are you?  
What are you doing?  
Who is with you?

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?