<table>
<thead>
<tr>
<th>SITUATION</th>
<th>FEELINGS</th>
<th>NEGATIVE AUTOMATIC THOUGHTS (AT)</th>
<th>ACTION</th>
<th>ALTERNATIVE THOUGHTS (ALT)</th>
<th>NEW FEELINGS</th>
<th>DIFFERENT ACTIONS</th>
</tr>
</thead>
<tbody>
<tr>
<td>Where are you? What are you doing? Who is with you?</td>
<td>Anxious? Sad? Lonely? Afraid? Distracted? Ambivalent? Tense? Baffled?</td>
<td>What are you thinking? What words/phrases are going through your mind?</td>
<td>So, what did you do?</td>
<td>What would you say to a friend if they were in a similar situation?</td>
<td>After reading your ALT thoughts, what new feelings do you have? Re-rate your old feelings.</td>
<td>So, now what would you do if you have these new thoughts and feelings?</td>
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### Example CBT Thought Record

#### Situation


What are you doing? Who is with you?

**SITUATION**

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

#### FEELINGS

- **anxiety** 8
- **distracted** 3
- **dread** 6
- **defeated** 8
- **depressed** 4

#### Negative Automatic Thoughts (AT)

- Sitting at my desk trying to study for finals
- I’m so behind in my reading.
- I’m not prepared.
- I need to do laundry. There’s nothing to wear tomorrow.
- Maybe I shouldn’t be at CAL.
- I'm a failure.
- I should just give up.

#### Action

- Stare at the computer screen for 10 minutes.
- Go online for 2 hours.
- Fidget.
- I'm so behind in my reading.
- I'm not prepared.
- I need to do laundry. There’s nothing to wear tomorrow.
- Maybe I shouldn’t be at CAL.
- I'm a failure.
- I should just give up.

#### Alternative Thoughts (ALT)

- I am somewhat prepared. I have gone 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 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'm more than a grade.
- I am more than a grade.

#### New Feelings

- **calm** 8
- **focused** 7
- **confident** 5
- **motivated** 6

#### 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.
- 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?

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<td>Start writing down a plan for the next two hours.</td>
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<td>I’m so behind in my reading.</td>
<td>Go online for 2 hours.</td>
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<td>focused 7</td>
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