EXAMPLE

CBT Thought Record

A completed example, to show how this might look

> Cognitive Behavioural Therapy (CBT) is based on a simple idea: the way we think about a situation affects how we feel and what we do next. When something difficult happens, our minds often jump to an automatic thought — one that feels true in the moment but isn't always accurate or helpful. This worksheet gives you space to slow down, look at the evidence, and find a more balanced way of seeing things. Below is one example of how it might be filled in — your own situation and thoughts will look different, and that's the point.

1. THE SITUATION

What happened? Where were you, who were you with, what were you doing?

My manager didn't reply to an email I sent two days ago, even though she usually replies quickly.

2. AUTOMATIC THOUGHT & EMOTION

What went through your mind?

"She must be annoyed with me. I've probably done something wrong."

What did you feel?

Anxious, worried

Intensity (0–100): 70

3. LOOKING AT THE EVIDENCE

EVIDENCE THAT SUPPORTS THIS THOUGHT	EVIDENCE THAT DOESN'T FIT THIS THOUGHT
She usually replies within a few hours.	She's mentioned being swamped with a big project this week.
I haven't heard anything since Monday.	She's never raised any concerns about my work before.
	Emails sometimes get missed or delayed — it's happened before with others too.

4. A MORE BALANCED THOUGHT

Taking the evidence into account, what's a fairer, more balanced way of seeing this?

There are several reasonable explanations for the delay that have nothing to do with me. I don't actually have evidence that she's upset — I've just assumed the worst.

5. RE-RATE YOUR EMOTION

How intense does the original feeling seem now (0–100)? 30

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CBT Thought Record

A simple tool for examining automatic thoughts

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2. AUTOMATIC THOUGHT & EMOTION

What went through your mind?

What did you feel?

Intensity (0–100): _____

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