



Week 7: The Thought Record

Challenging Negative Thoughts

Using the Thought Record

The Thought Record is the core tool of CBT. It helps you move from identifying negative thoughts to evaluating and changing them. By examining the evidence for and against your thoughts, you can develop a more balanced and realistic perspective.

Step 1: The Situation

Describe the event that led to the unpleasant emotion. Who, what, where, when?

Step 2: Moods

Describe your feelings in one word (sad, anxious, angry). Rate the intensity (0-100%).

Step 3: Automatic Thoughts

What was going through your mind? Circle the "hot thought" (the one that carries the most emotional weight).

Step 4: Evidence For

What facts support this thought? Stick to facts, not interpretations.

Step 5: Evidence Against

What facts contradict this thought? Have there been times this wasn't true? Are you missing any information?

Step 6: Alternative Thought

Based on the evidence, is there a more balanced way to view the situation?

Step 7: Re-rate Mood

How do you feel now? Rate the intensity (0-100%).

Weekly Worksheet

Situation	Moods (%)	Automatic Thoughts	Evidence For	Evidence Against	Balanced Thought

Situation	Moods (%)	Automatic Thoughts	Evidence For	Evidence Against	Balanced Thought

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