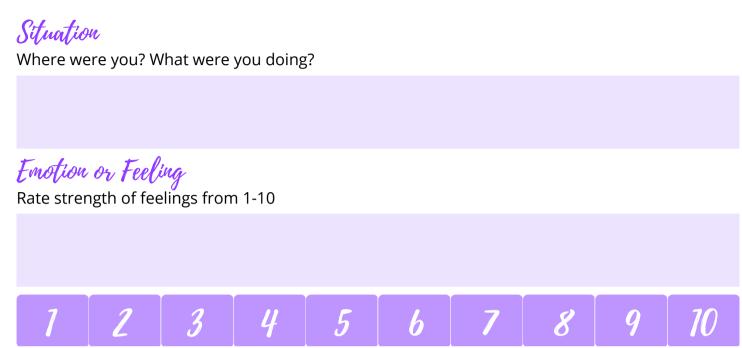
CBT Thought Record

This worksheet will help you keep track of your intrusive thoughts.



Iow High

Megative Automatic Thought What thought or image went through your mind?

Evidence that Supports the Thought

What makes you believe the thought is true?

Evidence that does Not Support the Thought

What makes you believe the thought is false?

CBT Thought Record

Weighing up the evidence for & against, what do you believe now?									
Emotion or Feeling Rate strength of feelings from 1-10									
7	2	3	4	5	6	7	8	9	<i>10</i>

Low

High