MINDLIFT · CBT WORKSHEET

CBT Thought Record

Date _____

One upsetting moment, seven columns. Rate emotions 0–100. Write the thought exactly as it sounded.

1 Situation *when, where, who — facts a camera would catch*

2 Emotions *name each, rate 0–100*

3 Automatic thought *word for word · belief 0–100%*

4 Evidence for *facts that support it — steelman it*

5 Evidence against *facts, not reassurance*

6 Balanced thought *one sentence that honors both evidence columns*

7 Re-rate *the same emotions, new numbers*

MINDLIFT · CBT WORKSHEET · WORKED EXAMPLE

CBT Thought Record

Date _____

One upsetting moment, seven columns. Rate emotions 0–100. Write the thought exactly as it sounded.

1 Situation *when, where, who — facts a camera would catch*

Tuesday, 6:40pm. Message from my manager: "Can we talk tomorrow?"

2 Emotions *name each, rate 0–100*

Anxious 85 · dread 70

3 Automatic thought *word for word · belief 0–100%*

"I'm getting fired." (belief 80%)

4 Evidence for *facts that support it — steelman it*

The message has no context. There were budget-cut rumors last month.

5 Evidence against *facts, not reassurance*

My last review was strong. She booked a normal 1:1, not an HR meeting. She asked me to lead the Q3 project two weeks ago. Every previous "can we talk" was logistics.

6 Balanced thought *one sentence that honors both evidence columns*

A context-free message is ambiguous, and the track record says it's most likely routine. I'll know tomorrow; tonight I only have a blank, not a verdict.

7 Re-rate *the same emotions, new numbers*

Anxious 85 → 55