

# CBT Thought Record Sheet

## Appiah Counselling – Reflect • Understand • Reframe

Use this sheet to explore a difficult situation, the thoughts that arose, and alternative balanced perspectives.

Date / Time

Situation

Where were you? What happened? Who were you with?

Emotions

What did you feel? (Rate 0–100%)

Automatic Thoughts

What went through your mind? What did this mean about you / others / the future?

Evidence For

What facts support this thought?

Evidence Against

What facts do NOT support this thought?

Balanced Perspective

If someone you cared about had this thought, what would you say to them?

Action Step

Is there a small step you could take that would support you?

You can print several copies of this sheet to use between sessions, and bring them along to discuss in counselling.