

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.