

# Thought Record Worksheet

Situation/ Trigger	Automatic Thoughts	Emotions	Evidence For	Evidence Against	Alternative Thoughts	Re-Rate Emotions
Describe the situation that triggered your thoughts.	Write down the thoughts that automatically came to mind.	Identify the emotions you felt.	List evidence that supports your thoughts.	List evidence against your thoughts.	Generate alternative, balanced thoughts.	Re-rate your emotions after considering alternatives.
<i>"Argument with a friend."</i>	<i>"They must not like me."</i>	<i>"Sad, Rejected."</i>	<i>"They didn't invite me to the event."</i>	<i>"They might not have known I was available."</i>	<i>"Maybe they didn't think to invite me. I can talk to them about it."</i>	<i>"Feeling a bit better, less sad."</i>