

Dysfunctional Thought Record CBT Worksheet

This worksheet can help your clients identify dysfunctional thoughts, when and where they come up in daily life, and then identify ways to reframe those thoughts. You can remove the sections in parenthesis before giving this worksheet to your clients.

Date & Time: When did the thought occur?

Situation: What was the context? Where were you? What was happening at the time of and right before the thought?

Automatic Thought: Describe the thought. Rate how much you believed it (i.e., on a scale of 1 to 5, out of 100%, etc. Choose a scale that works best for your clients and use that scale consistently throughout.)

Emotion: What feelings came to you at that time? Rate how intense they were (using the same scale you decided above).

Alternative Thought: What might a more adaptive thought be? Is there another potential solution?

Outcome: Re-rate how much you believe the original thought (again, use the same scale).