



PRINTABLE RESOURCE

A CBT thought record for difficult communication situations

A printable worksheet for noticing anxious predictions, considering evidence, and planning a balanced next step.

IN THIS DOWNLOAD

- CBT thought record
- Worked example: CBT thought record
- Balanced thought and after practice
- Worked example: Balanced thought and after practice

Use with individualized guidance from the person's treatment or support team.

CBT thought record

Use one sheet for one communication situation. You may write, draw, dictate to a trusted person, or complete it with your clinician.

SITUATION WHERE WERE YOU, WHO WAS THERE, AND WHAT WAS HAPPENING?

ANXIETY OR DISTRESS BEFORE 0 TO 10: ____

AUTOMATIC THOUGHT OR PREDICTION

FEELINGS AND BODY SENSATIONS

WHAT I DID OR WANTED TO DO

EVIDENCE THAT SUPPORTS THE THOUGHT

EVIDENCE THAT DOES NOT OR ANOTHER POSSIBILITY

CBT thought record

Example for a fictional 13-year-old preparing to order a familiar snack at school.

SITUATION WHERE WERE YOU, WHO WAS THERE, AND WHAT WAS HAPPENING?

At the school snack counter with one friend nearby, I planned to ask for crackers.

ANXIETY OR DISTRESS BEFORE 0 TO 10:

7

AUTOMATIC THOUGHT OR PREDICTION	FEELINGS AND BODY SENSATIONS	WHAT I DID OR WANTED TO DO
My voice will not come out.	Tight jaw and warm face.	Look down and let my friend order.
People behind me will notice.	Fast heartbeat.	Leave the line.
If I whisper, it will not count.	Shoulders tense.	Wait for a perfect voice.

EVIDENCE THAT SUPPORTS THE THOUGHT	EVIDENCE THAT DOES NOT OR ANOTHER POSSIBILITY
I could not answer at this counter last Friday.	I ordered from the same staff member during a quiet practice.
The line can feel busy.	Most students are focused on their own orders.
My voice may be quiet.	The plan allows a quiet voice or showing the written order.

Balanced thought and after practice

Plan a believable thought and communication action. After practice, record what happened as information, not as a grade.

ANXIETY OR DISTRESS AFTER 0 TO 10: ____

BALANCED THOUGHT	PLANNED COMMUNICATION ACTION	BACKUP METHOD

AFTER PRACTICE	WHAT I NOTICED
What actually happened	
What I learned about the prediction	
What helped me stay respond or recover	
The next step to repeat make easier or make harder	

Balanced thought and after practice

Continuation of the fictional school snack-counter example.

ANXIETY OR DISTRESS AFTER 0 TO 10:

5

BALANCED THOUGHT	PLANNED COMMUNICATION ACTION	BACKUP METHOD
My voice may be quiet, and I only need the first word.	Say 'crackers, please' to the familiar staff member.	Point to the written order card.
Feeling noticed does not mean everyone is judging me.	Stay at the counter until the order is complete.	Ask my friend to stand beside me without ordering for me.

AFTER PRACTICE	WHAT I NOTICED
What actually happened	I said 'crackers' quietly; the staff member handed them to me and moved on.
What I learned about the prediction	My voice worked enough for the task, and no one commented.
What helped me stay respond or recover	Practicing the word first and having the card ready.
The next step to repeat make easier or make harder	Repeat twice at a quiet time before trying when the line is longer.