

CBT Thought Record

Free worksheet from Klarify. Copy or print for your practice and clients.

When you notice a strong emotion, work across one row from left to right. Rate emotions from 0 to 100. The goal is not to force positive thinking; it is to weigh the evidence and land on a thought you actually believe.

Situation What happened? Where, when, who?	Emotions Name + intensity (0-100)	Automatic thought What went through your mind?	Evidence for Facts that support it	Evidence against Facts that do not fit	Balanced thought A fairer way to see it	Re-rate Emotions now (0-100)