

CBT Thought Record (A4)

Use this one-page sheet to notice the loop between thoughts, feelings, body sensations, and actions. Keep it short and kind — it's a tool, not a test.

Situation	When/where? Who with? What happened?
Automatic Thought(s)	Write the words as they came. (Optional: images/memories)
Feelings	Name and rate 0–100%. e.g., anxious 70%, sad 40%
Body Sensations	Where do you feel it? e.g., tight chest, jaw, stomach
Behaviours/Urges	What did you do or want to do?
Evidence For	What supports the thought?
Evidence Against	What doesn't fit the thought?
Balanced Response	A fairer, kinder alternative statement.
Outcome	Re-rate feelings 0–100%. What next step helps?

Tip: If you feel stuck, try saying it as you would to a friend. Accuracy + kindness over perfection.