CBT Thought Record

Cognitive Behavioral Therapy (CBT) is a psychotherapy that helps identify and change negative thought patterns, emphasizing their connection to feelings and behaviors.



☐ Thought

What you think in a situation.
E.g: "If I don't check the door multiple times, someone will break in."

Emotion

How you feel in a situation. E.g: "Intense fear and worry about safety."

How you act in a situation.

E.g: "Repeatedly checking the door to ensure it's locked."

Date Event	Automatic Response			Alternative Response		
	Thought	Behaviour	Emotion	Behaviour	Thought	Emotion
	Event	Event	Event	Event	Event	<u>Event</u>