



# Petal & Paper

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## CBT thought record worksheet



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THOUGHT RECORD

# CBT worksheet

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**Situation (what happened?) ·** \_\_\_\_\_

**How I felt (emotion + intensity 0-100%) ·**

\_\_\_\_\_

**The automatic thought ·** \_\_\_\_\_

**Evidence FOR the thought ·** \_\_\_\_\_

**Evidence AGAINST the thought ·**

\_\_\_\_\_

**A more balanced, realistic thought ·**

\_\_\_\_\_

**How I feel now (re-rate the emotion 0-100%) ·**

\_\_\_\_\_

THOUGHTS AREN'T FACTS — EXAMINING  
THE EVIDENCE OFTEN CHANGES HOW WE  
FEEL

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