

CBT THOUGHT RECORD



ABOUT US

Credit Valley Counselling and Psychotherapy provides compassionate, evidence-based support for individuals, couples, and families. We offer a safe space to explore challenges, strengthen coping skills, and work toward meaningful emotional wellbeing.

WHAT IS CBT?

Cognitive Behavioural Therapy (CBT) is a type of therapy that helps people understand the connection between their thoughts, feelings, and behaviours. When we're stressed or overwhelmed, our mind can automatically create thoughts that feel true but are not fully accurate. These thoughts can intensify our emotions and influence how we react.

CBT teaches you to notice these patterns, question them, and respond in a way that feels calmer, clearer, and more balanced.

A photograph showing a woman with dark hair and a white shirt sitting on a grey couch, smiling and looking towards a person with dark dreadlocks who is seen from the back. They are in a bright room with a window and a potted plant in the background.

**YOUR THOUGHTS INFLUENCE
YOUR EMOTIONS AND ACTIONS**

WHAT IS A CBT THOUGHT RECORD?

A CBT Thought Record is a tool that helps you slow down and explore what's happening inside your mind.



It guides you to:

- Identify the situation
- Name the emotion
- Notice the automatic thought that appeared
- Look at the evidence for and against the thought
- Create a more balanced and realistic thought

This process trains your brain to respond to difficult moments instead of reacting automatically.

USING A THOUGHT RECORD



01 Identify The Situation

Describe what was happening when your mood shifted.

Example: “I got an unexpected email from my supervisor.”

02 Name The Emotions

Choose the main emotion you felt and rate the intensity from 0 to 100.

03 Write The Automatic Thought

What went through your mind in that moment?

Try to capture the first thought that showed up.

USING A THOUGHT RECORD

04 Find Evidence That Supports The Thought

List any facts that make the thought feel true.
Stick to real evidence, not assumptions.

05 Find Evidence That Does NOT Support The thought

Let the muscle go completely. Notice the difference between tight and relaxed. Rest for 10 to 15 seconds.

06 Create A Balanced Thought

Notice where your body feels heavier, warmer, or softer. Take one last slow breath in and out.

07 Re-rate The Emotion

Rate the emotion again from 0 to 100.
Notice if the intensity changed.



WORKSHEET



1. What happened? (The situation)

Write down the event that triggered your reaction.

Example: "My friend didn't text back."

2. What did you feel? (Emotion + Intensity)

3. What thought popped up? (Automatic thought)

4. What makes this thought feel true? What makes this thought less true?

List facts that support the thought.

List facts that do NOT match the thought.

5. What's a more balanced or realistic thought?

Put the evidence together and write a calmer, more fair thought.



FOR MORE INFORMATION PLEASE CONTACT



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