

Cognitive Restructuring Worksheet

A CBT thought record for identifying automatic thoughts, examining evidence, and developing a more balanced response.

Patient name:	_____	Date of birth:	_____
Date completed:	_____	Appointment date:	_____

Use this worksheet

Choose one specific situation. The goal is not forced positivity; it is a more accurate, useful, and compassionate perspective.

Step 1. Situation or trigger

What happened? Include the time, place, people involved, and observable facts.

Step 2. Emotions and body sensations

Emotion / sensation	Intensity before (0–100)	Where felt in the body

Step 3. Automatic thought or image

What went through your mind? What did this situation seem to mean about you, others, or the future?

How strongly did you believe the thought? 0–100%: _____

Step 4. Possible thinking patterns

☐ All-or-nothing thinking
 ☐ Overgeneralizing
 ☐ Mental filter
 ☐ Discounting positives
 ☐ Jumping to conclusions
 ☐ Mind reading
 ☐ Fortune telling
 ☐ Catastrophizing
 ☐ Emotional reasoning
 ☐ “Should” statements
 ☐ Labeling
 ☐ Personalization
 ☐ Blaming
 ☐ Unfair comparison

Cognitive Restructuring Worksheet — continued

Step 5. Examine the evidence

Evidence supporting the thought	Evidence that does not support the thought / alternative information

Step 6. Balanced alternative thought

Write a response that acknowledges the difficulty and includes the full evidence. What would you say to someone you care about?

How strongly do you believe the original thought now? 0–100%: _____

Emotion intensity now? 0–100%: _____

Step 7. Helpful next action

What is one realistic, values-consistent action you can take next?
