

UNHELPFUL THINKING HABITS RECORD FORM

Demand thinking	Alternative thought
Mind reading	Alternative thought
All-or-nothing thinking	Alternative thought
Emotional reasoning	Alternative thought

Overgeneralizing	Alternative thought
Labeling	Alternative thought
Discounting the positive	Alternative thought
Personalizing	Alternative thought
Mental filtering	Alternative thought
Awfulizing	Alternative thought

CBT SELF-HELP THOUGHT RECORD FORM

A—Activating events (or experiences)	B—Beliefs about your activating events	C— Consequences of your beliefs
	Irrational beliefs/ unhelpful automatic thoughts	Inappropriate emotional consequences
	Rational alternative beliefs	Appropriate emotional consequence

D—Disputing/debating your irrational beliefs

1. Is this thought a fact or my opinion?

2. Do I have evidence to support this?

3. Do I have evidence against this?

4. Is there another, more realistic, way of looking at the situation?

5. Is it really true that I must, should, or have to...?

6. Can I stand it? How have I tolerated these situations in the past?

7. Is this situation really in my control? Is there another explanation other than blaming myself?

8. Am I overgeneralizing from a specific event or occurrence?

9. What's the worst that could realistically happen? How bad would that be?

10. What is a more balanced (rational) alternative belief/thought?

DAILY MOOD AND THOUGHT WORKSHEET

Week #	Mood	Intensity (0–10)	Events	Thoughts
Mon				
Tues				
Wed				
Thurs				
Fri				
Sat				
Sun				

SELF-TALK RECORD FORM

Situation	Negative self-talk	Positive self-talk