Five-column thought record

Date: _____ Time: _____

Situation What happened?	**Emotion** Feeling and intensity, 0–100	**Automatic thought** The thought and belief, 0–100	**Rational response** Evidence, response, and belief in it, 0–100	**Result** Emotion and belief afterwards, 0–100

For the response: Which facts support my thought? Which facts don't fit it? What else could explain what happened? What would I say to a friend in this situation?

Prompts adapted from CCI, *Back from the Bluez*, Module 6. cci.health.wa.gov.au · Resources for examining thoughts.