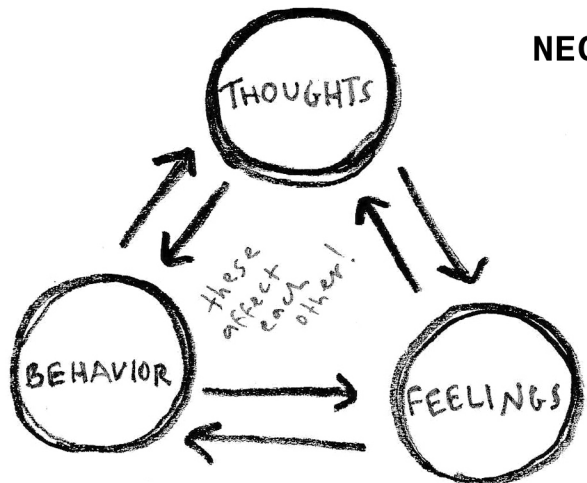


POCKET CBT!

FEELINGS
≠
FACTS!



①
Identify your
NEGATIVE AUTOMATIC
THOUGHT:

→ that may not
be 100% true!

[ex: "I'm a
failure."]

[ex: "The facts say..."
"It's possible that..."]

Re-write thought in a
MORE BALANCED way:

④

Identify EVIDENCE
FOR and AGAINST
the thought:

③

②
Does this thought contain any
COGNITIVE DISTORTIONS?

ALL OR NOTHING
THINKING
thinking in absolutes

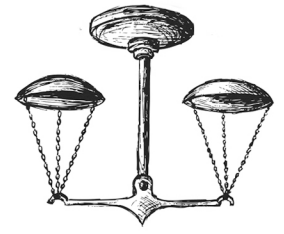
DISQUALIFYING
THE POSITIVE
only seeing the negative

CATASTROPHIZING
seeing only the worst
possible outcomes

SHOULD STATEMENTS
idea that something
"should" be a certain way

EMOTIONAL REASONING
assuming your emotions
= the actual facts

MIND READING
assuming thoughts/beliefs
of others without evidence



Thought Record

1. Situation	2. Moods	3. Automatic Thoughts (Images)	4. Evidence That Supports the Hot Thought	5. Evidence That Does Not Support the Hot Thought	6. Alternative/Balanced Thoughts
Who were you with? What were you doing? When was it? Where were you?	Describe each mood in one word. Rate intensity of mood (0–100%). Circle or mark the mood you want to examine.	What was going through my mind just before I started to feel this way? What images or memories do I have in this situation?	Circle hot thought in previous column for which you are looking for evidence. Write factual evidence to support this conclusion. (write facts, not interpretations)	Is there any information I'm discounting that suggests this thought is not always 100% true? What would a friend tell me if they knew I was having this thought? Am I jumping to any conclusions not completely justified by facts? Am I blaming myself for something I don't have control over?	Write an alternative or balanced thought. Rate how much you believe each alternative or balanced thought (0–100%).