Daily CBT Thought Tracker Worksheet

Catch it. Check it. Change it. Complete one row whenever a strong emotion shows up.

Situation (who/where/when)	Automatic thought	Emotion & intensity (0-100)	Evidence FOR the thought	Evidence AGAINST the thought	Balanced thought	Re-rate emotion

Helpful questions for the balanced thought: What would I tell a friend in this situation? Is this a fact or an interpretation? What is a more realistic, kinder way to see this? What is one small thing I can do next?

Common thinking traps: all-or-nothing, mind-reading, catastrophising, 'should' statements, emotional reasoning, personalising, discounting the positive.