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CBT THOUGHT REFRAMING SHEET

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STEP 1: THE TRIGGER (What event happened? What woke up the thought?)

STEP 2: AUTOMATIC THOUGHT (What is the negative thing your brain told you?)

STEP 3: EMOTIONS & INTENSITY (What do you feel? Rate the intensity 0-100%)

Emotion: _____ Intensity: ____% | Emotion: _____
Intensity: ____%

STEP 4: EVIDENCE FOR & AGAINST (Be objective like a judge in a courtroom)
Evidence that proves the thought is true: | Evidence that proves the thought is NOT true:

• _____ | •

• _____ | •

STEP 5: THE REFRAMED THOUGHT (Write a balanced, realistic replacement thought)

STEP 6: RERATE EMOTIONS (Look back at Step 3. How strong are those feelings now 0-100%?)

Emotion: _____ Intensity: ____% | Emotion: _____
Intensity: ____%