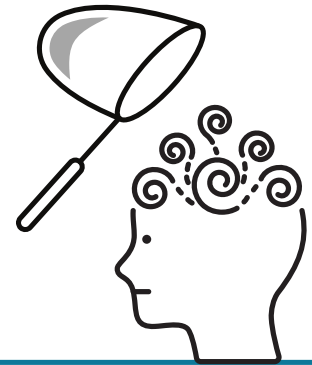# THOUGHT RECORD

A cognitive-behavioral strategy to capture and identify automatic negative thoughts.

EVENT
What happened?

Feelings
How did it make me feel?

Thoughts
What was I telling myself when the event was happening?

Behavior
What was my response to the event?

Supportive evidence
Why might my thought be true?

Non-supportive evidence
Why might my thought not be true?