

CBT Thought and Behaviour Record

Where were you?	Thought	Emotion/Feeling	Intensity Of Emotion (0-100%)	Your Behaviour	Evidence that support this thought	Evidence that does not support this thought	Alternative thought	Emotion/Feeling	Intensity of Emotion (0-100%)	Alternative Behaviour
e.g. Home, Office	She is a nightmare! So disrespectful and annoying	Angry, annoyed, Frustrated	90%	Yelled at my colleague, argument with my wife	She doesn't care, does not see how much I have done for her, she annoys me	She simply wanted my attention. She struggles to do her work and wanted my advise	She didn't know that I was overwhelmed and stressed out, next time I will let her know in advance instead of yelling at her.	Sad, remorseful	30%	Take a break, talk to her, explain what I need right now, if I have time then I will help her.