

CBT Thought Record

Catch the thought, check the evidence, find a more balanced view. Takes 5–10 minutes.

1. Situation

What happened? Where, when, with whom?

2. Emotions

Name each feeling and rate its intensity (0–100%).

Emotion	Intensity before	Intensity after

3. Automatic thought

What went through your mind? Circle the "hot" thought – the one that hurts most. How much do you believe it (0–100%)?

4. Evidence that supports the thought

Facts only – what would a video camera have recorded?

5. Evidence that does not support the thought

Exceptions, other explanations, what you would tell a friend, past experiences.

6. Balanced thought

A fair, believable sentence that takes both columns into account.

7. Re-rate

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How much do you believe the original thought now? How strong is the emotion now?

0	10	20	30	40	50	60	70	80	90	100
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Tip: the goal is not to "think positive" but to think accurately. If the balanced thought feels forced, go back to the evidence. You can do this exercise in the AILAMA Mind app — it guides you step by step and keeps a private log.