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| **Event** | **Automatic unhelpful thoughts** | **Emotions** | **Evidence that supports the thoughts**  | **Evidence against the thoughts** | **Alternative helpful thoughts** |
| Thinking about a big project due for my English class | * “It is too much for me to handle”
* “I will never be able to finish this”
* “I am going to fail my class and not be able to graduate”
* “My parents and teacher are going to be so mad at me”
 | Anxiety | * It is a really big project.
* The due date is soon.
* I got a C on my last assignment.
 | * I have done large projects before.
* I turned in my last project.
* You can still graduate with Cs, that is not failing.
 | This is a big project so I can come up with a plan to make sure I finish it on time |
| My mom told me that I forgot to call my grandma for her birthday | * “Grandma is going to hate me”
* “I am the worst grandchild”
* “I can’t get anything right”
 | Sadness, Anger | * My siblings all called Grandma
* I also missed my aunt’s birthday
 | * People forget things sometimes
* Some people texted me late on my birthday and I was not mad
 | It is okay to forget things sometimes, I can call grandma and wish her a late happy birthday |
| My friend said that I have not been hanging out with her enough | * “She must be mad at me”
* “I am such a bad friend”
* “She isn’t going to want to be my friend anymore”
 | Anxiety, Sadness | * She has been hanging out with other people a lot
* I didn’t text her today
 | * She said something to me, so she probably cares about me
* We have been friends for a very long time
* She asked me to hang out this weekend
 | I was having a busy few weeks but I can still be a good friend, we can make plans when I have more free time |

**CBT Thought Record**