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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**