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| **Event** | **Automatic unhelpful thoughts** | **Emotions** |
| 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 |
| 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 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 |

**CBT Thought Record**