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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**