



## 7-Column Thought Record

This download is a fillable worksheet which allows the option to type directly into the document. A PDF reader (Adobe, Foxit, etc.) is required in order to use fillable features. Worksheets can be saved on the device or sent electronically without the need to print.

<b>Situation</b>	Where were you / what were you doing / who were you with?
<b>Emotion or feeling</b> (Rate intensity 0-100%)	Record emotions and physical sensations?
<b>Automatic thought</b>	What thoughts, images, or memories were in your mind / if an image or memory, what did it mean to you?
<b>Evidence that supports the thought</b>	What facts support how true the thought was?
<b>Evidence that does not support the thought</b>	What experiences tell you this thought is not entirely true all of the time / are there any experiences which contradict the thought?
<b>Alternative (balanced) thought</b> (Rate degree of belief 0-100%)	Think of a new thought now you have the evidence for and against the original thought...
<b>Emotion or feeling</b> (Rate intensity 0-100%)	How do you feel about the situation now?