

CBT Thought Check-In

A gentle worksheet for testing unhelpful thoughts.



Thoughts are not always facts.



Notice it. Name it. Test it. Reframe it.

1 Situation or Trigger

What happened, or what was happening when this thought showed up?

2 What I'm Thinking

Write the automatic thought that came up for you.

3 What I'm Feeling

Name the emotion(s) and rate intensity 0–100%.



0% 50% 100%

4 Possible Thought Trap

Which one(s) might be showing up?

- ☐ all-or-nothing thinking
- ☐ catastrophizing
- ☐ discounting the positive
- ☐ emotional reasoning
- ☐ labeling
- ☐ mind reading
- ☐ overgeneralizing
- ☐ personalization
- ☐ should statements
- ☐ magnifying/minimizing

5 What makes this thought feel true?

6 What evidence suggests it may not be fully true?

7 A more balanced thought

What is a kinder, more realistic way to look at this?

8 What would I tell a friend?

9 One helpful step I can take right now

10 How do I feel after checking the thought?

Emotion + new intensity 0–100%.



0% 50% 100%
