

CBT Feelings and Thoughts Log

This CBT feelings and thought record is designed to help people become more aware of the relationship between situations, thoughts, feelings and behaviors. Write down four situations in the past month where you had strong emotional reactions. Next, list the situation and your thoughts, feelings, and behaviors related to these situations. Finally, after you complete the thought record go back and look at your thoughts and behaviors in the situation. To change how you feel, change what you do or think. Notice the four key CBT questions in the thought record to help you become more mindful of how situations trigger feelings, thoughts, and behaviors.

Situations What happened?	Feelings How did you feel?	Thoughts What were you thinking?	Behaviors What did you do?