# CBT Thought Record Sheet

| Situation - Date & Time | Emotional Response Negative Thought / Belief | Rate 0-100% | Physical Response (any Physical Sensations) | Rate 0-100% | Rational ( More Likely) Response to Negative Thought | Outcome |
|---|---|---|---|---|---|---|
| Sent message to friend, saw she'd read it but hasn't replied | She's angry with me about something | 60% | Jittery in tummy<br>Headache<br>Hot | 60% | She's seen my message but was driving or had to do something 1st before she responds | I waited and she replied apologising that she couldn't reply because her phone battery died |
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