








7-Column Thought Record

A foundational Cognitive Behavioral Therapy tool designed to help you catch, check, and change unhelpful thoughts by examining evidence for and against them.

 SITUATION Who, what, when, where? Just the facts.	 FEELING Emotion & Intensity (0-100%)	 UNHELPFUL THOUGHT What was the loudest 'hot' thought?	 EVIDENCE FOR Facts that support the thought.	 EVIDENCE AGAINST Facts that contradict the thought.	 ALTERNATIVE THOUGHT A balanced, realistic perspective.	 RE-RATE New Intensity (0-100%)
<hr/> <hr/>	<hr/> 0-100%	<hr/> <hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/>	<hr/> <hr/> <hr/>	<hr/> 0-100%
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CLINICAL PRO-TIP

Focus on the 'Hot Thought' - the one that triggers the strongest emotional reaction. Evidence should be objective facts, not just more feelings.

OBJECTIVE

The goal is not to 'think positive' but to think realistically. By distancing yourself from the thought, you reduce its emotional power.