

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

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.