ADULTS | PRINTABLE WORKSHEET

Cognitive Restructuring



WHAT THIS IS

Thoughts are not facts. This thought record helps you test unhelpful thoughts and find a more balanced view.

HOW TO USE IT

1. Capture the situation and your automatic thought.
2. List evidence for and against.
3. Write a balanced thought and re-rate your feeling.

EXAMPLE

"Thought: 'I'll fail.' For: I'm nervous. Against: I've passed before. Balanced: 'It's hard, and I can prepare.'"

Situation	Automatic thought	Feeling (0-100)

Evidence FOR the thought

Evidence AGAINST the thought

A more balanced thought

Feeling now (0-100)

What changed?

Common thinking traps

All-or-nothing | Catastrophizing | Mind reading | Should statements | Overgeneralizing | Emotional reasoning | Personalizing | Filtering the positive

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