Cambium
THERAPIES

CBT Hot Cross Bun

Cognitive Behavioural Therapy — Thought Record

NAME _____ DATE _____ SESSION / REF _____

Situation

Where? When? Who with? What happened? How?

Thoughts & Images

What went through your mind? What did it mean?

Moods & Emotions

How intense? (0–100%)

Behaviours

What did you do or avoid?

Body / Physical

What did you notice in your body?

REFLECTION & NEXT STEPS

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Based on Padesky's 5 Aspects model, 1986