

4 Thinking Patterns

Do any of these common thinking patterns apply to your hot thought? Tick all that fit.

- | | | |
|---|--|---|
| <input type="checkbox"/> All-or-nothing thinking | <input type="checkbox"/> Overgeneralisation | <input type="checkbox"/> Mental filter |
| <input type="checkbox"/> Discounting the positive | <input type="checkbox"/> Mind reading | <input type="checkbox"/> Fortune telling |
| <input type="checkbox"/> Catastrophising | <input type="checkbox"/> Emotional reasoning | <input type="checkbox"/> Should statements |
| <input type="checkbox"/> Labelling | <input type="checkbox"/> Personalisation | <input type="checkbox"/> Magnification / Minimisation |

NOTES ON PATTERNS YOU NOTICED

5 Examining the Evidence

Look at your hot thought like a scientist. What facts support or contradict it?

Evidence FOR the thought

Facts that support this thought being true...

Evidence AGAINST the thought

Facts that suggest it may not be 100% true...

6 Balanced / Alternative Thought

Write a more balanced thought that takes the evidence into account — fair and realistic, not forced positivity.

BALANCED THOUGHT

e.g. 'It's true I made a mistake, but that doesn't mean I'm incompetent...'

How much do you believe this balanced thought? (0–100)



7 Outcome

Re-rate your emotions after completing this record. What do you notice?

Emotion 1 — re-rate intensity now



Emotion 2 — re-rate intensity now



Emotion 3 — re-rate intensity now



WHAT DO YOU NOTICE NOW? ANY SHIFT?

8 Action Plan

Is there anything helpful you could do — or stop doing — based on this reflection?

ACTION 1

ACTION 2

ACTION 3

Cambium CBT Thought Record · Based on evidence-based Cognitive Behavioural Therapy
This worksheet supports — but does not replace — therapeutic work with a trained counsellor
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