

CBT THOUGHT & MOOD LOG

Weekly Record

Date Range: _____

Primary Goal: _____

SITUATION / TRIGGER	AUTOMATIC THOUGHTS	MOOD & INTENSITY (1-10)	EVIDENCE FOR / AGAINST	ALTERNATIVE PERSPECTIVE	OUTCOME
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Common Distortions:

â€¢ All-or-nothing thinking

â€¢ Catastrophizing

â€¢ Emotional reasoning

Challenge Questions:

â€¢ Is there a middle ground?

â€¢ What would I tell a friend?

â€¢ Is this a fact or a feeling?

Intensity Scale:

1: Very Mild / Calm

5: Moderate / Manageable

10: Extreme / Overwhelming

Low Distress [1 - 2 - 3 - 4 - 5 - 6 - 7 - 8 - 9 - 10] High Distress