



THE COUNSELING AND WELLNESS C E N T E R

Thought Change Record CBT-second wave (Beck, Rush, Shaw, et al., 1979)

Situation	Automatic Thought	Emotion(s)	Rational Response	Outcome
Describe the event that triggered you, or the thoughts that were uncomfortable, or the physical sensations.	1. Write the automatic thought that was just before the emotion. 2. Rate the emotion from 0-100	1. Write the specific emotions(s) 2. Rate the emotion(s) from 0-100	List any of the cognitive distortions present, write the rational response to the automatic thought and then rate from 0-100	Describe any change behavior and rate from 0-100 any change in the emotion.