

CBT: Four Box Sheet

<b>TRIGGERING EVENT</b>	<b>AUTOMATIC THOUGHT AND RESULTING EMOTION</b>
<p>Where were you? What were you doing? What happened?</p>	<p>What thoughts were going through your mind? What memories or images did your mind show you? Describe your emotion with one word (angry, sad, scared) and rate it on a scale of 1-10.</p>
<b>EVALUATION OF THE AUTOMATIC THOUGHT</b>	<b>ALTERNATIVE THOUGHT AND RESULTING EMOTION</b>
<p>What experiences indicate that this is not completely true all of the time? If my best friend had this thought what would I tell them? Do any of the unhelpful thinking styles seem to be behind this thought?</p>	<p>Write a new thought, which takes into account the evidence for and against the original thought. Then rate how you feel now.</p>