

Cognitive Restructuring Worksheet

Instructions

Use this worksheet to identify an automatic thought, examine evidence, and create a balanced alternative thought.

Step-by-Step

Complete one row per situation.

Situation (When/Where/With whom?)	
Emotion(s) (0–100%)	
Automatic Thought(s)	
Cognitive Distortion(s) (e.g., all-or-nothing, catastrophizing)	
Evidence FOR the thought	
Evidence AGAINST the thought	
Balanced Alternative Thought	
Re-rate Emotion(s) (0–100%)	

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