Cognitive Restructuring Steps

Situation. Emotion. Hot thought. Evidence for and against. Balanced thought. Re-rate. Action.

Name: _____ **Date:** _____

1. Situation

Who, where, when. One concrete scene.

2. Emotion + intensity

Name the feeling. Rate 0 to 100.

3. Hot thought

One sentence in your own words.

4. Evidence for

Facts that support the thought.

5. Evidence against

Facts that do not fit. Friend view.

6. Balanced thought

Accurate, believable, and useful.

7. Re-rate emotion

Same scale. Note any shift.

8. Optional action

One tiny next step. When and where.

Tip: balanced is not cheerleading. Keep hard facts and add what was ignored.

Safety: if unsafe thoughts appear, stop and get help. US: 988 · HOME to 741741 · 911

Not positive thinking. A practice tool for CBT style thought challenging.

Original layout by Lotus & Tulip, based on CBT cognitive restructuring / thought challenging. A practice tool, not therapy.

Free printable from Lotus & Tulip · lotustulip.com/cognitive-restructuring-worksheet.html

My Cognitive Restructuring Worksheet

Situation. Emotion. Hot thought. Evidence. Balanced thought. Re-rate. Action.

Name: _____ **Date:** _____

Situation (who / where / when):

_____

_____

Emotion: _____ **Intensity 0-100:** _____

Hot thought (one sentence): _____

Evidence FOR this thought:

_____

Evidence that does NOT fit:

_____

_____

Balanced / alternative thought:

_____

_____

Re-rated emotion 0-100: _____

Optional action (when / where):

_____

_____

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Cognitive Restructuring Practice Log

Seven days of hot thoughts, evidence checks, and balanced next steps.

Name: _____ **Date:** _____

Day / date	Hot thought	Evidence against	Balanced thought	After
1.				
2.				
3.				
4.				
5.				
6.				
7.				

Teen mini card (cut out and keep)

Hot thought: _____ One fact that does not fit:

Balanced thought: _____

One tiny next step before tomorrow ends. Re-rate emotion after.

If unsafe: stop and get help. US: 988 · HOME to 741741 · 911

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