

Cognitive Behavioral Immersion™ Tools

Thought Record, Reframing Questions, & Evidence For and Against



A Thought Record helps us recognize and change our unhelpful, automatic thoughts. The purpose of a thought record is to get us into the habit of paying attention to our thoughts and working to change them.

This tool works in real time: when you notice your mood getting worse, you can ask yourself: “What going through my mind right now?” and record that thought as soon as possible. Then, you can use the Reframe Questions to help you analyze your thoughts and prompt you to reframe them with fewer distortions and biases.

Thoughts may be 100% true, 0% true or somewhere in the middle. To help determine how true a thought is, we can use the Evidence For and Against Tool. This tool organizes our evidence for how true (or not true) a thought is.

INSTRUCTIONS

1. When you feel your mood dipping, use the Automatic Thoughts column to record the thoughts or images in your head. Rate your belief in each on a scale of 0-100%. Use the first three columns to document the date, situation, and how you are feeling at the time.
2. Go to the page with the Reframing Questions and answer each one.
 - a. For the first reframing question, you can use the Evidence For and Against Tool on the fourth page. Write your automatic thought above the two-column table. Take a breath and then take a few minutes to **objectively** assess the evidence for how true the thought is (evidence for) and evidence for how untrue the thought is (evidence against).
3. Return to the Thought Record table and fill in the Alternative Response column based on your answers to the Reframing Questions and your evidence from the Evidence For and Against Tool. You can also use the table of possible cognitive distortions on the last page for help as needed.
4. Fill in the Outcome column in the Thought Record.
5. Finally, reflect on your Thought Record. How does your level of belief in your Automatic Thoughts compare to your level of belief in your Alternative Responses?



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THOUGHT RECORD

Date	Situation Where were you and what was going on when you got upset?	Emotion What emotions did you feel (sad, anxious, angry, etc.)? Rate intensity (0-100%).	Automatic Thoughts What thoughts and/or images went through your mind? Rate your belief in each (0-100%).	Alternative Response Use the questions on the next page to compose responses to the automatic thoughts. Rate your belief in each (0-100%). Also consult the list of possible distortions.	Outcome Re-rate beliefs in your automatic thoughts (0-100%) and in the intensity of your emotions (0-100%)



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EVIDENCE FOR AND AGAINST TOOL

Thought: _____

Evidence For
(Evidence that the
thought is true)

Evidence Against
(Evidence that the
thought is NOT true)



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COGNITIVE DISTORTIONS TABLE

Cognitive Bias	Definition	Example
All or None Thinking	Seeing things as absolutes, no grey areas.	"I'm always late."
Overgeneralizing	Seeing a constant, negative pattern based on one event.	"I messed up on the job interview; I'll never get a job."
Discounting the Positives	This distortion acknowledges positive experiences but rejects them instead of embracing them.	"My boss only gave me a good review because he doesn't want to talk about my performance problems."
Mind Reading	The inaccurate belief that we know what another person is thinking.	"I didn't get the job because the interviewer thought I was too old."
Fortune Telling	Making conclusions and predictions based on little to no evidence and holding them as gospel truth.	"I'll never find someone that loves me."
Magnifying/Minimizing	This distortion involves exaggerating or minimizing the meaning, importance, or likelihood of things.	An athlete who is generally a good player but makes a mistake may magnify the importance of that mistake and believe that he is a terrible teammate
Emotional Reasoning	Thinking your feelings are reality.	"I feel guilty for saying "no", so I must have been wrong to set that boundary."
Making Should Statements	Having a rigid code of conduct dictating how you and others should behave. You criticize yourself harshly when you fail to follow these rules.	"I never should have dated him."
Labeling	Labeling yourself negatively.	"I made a mistake so I am a failure."
Inappropriate Blaming	Holding other people responsible for your emotional pain. This also includes blaming yourself for every problem.	"Stop making me feel bad about myself!"



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NOTES:

Tools and community for your mental health journey.

Innerworld is a peer-driven mental health app built for VR, desktop, and mobile. We offer over 200 weekly, anonymous events around topics like anxiety, depression, and more.



Learn more at <https://inner.world/app>