

CBT Informed Prompts

1 Describe the Event

What happened, exactly, without adding my interpretation of what it meant?



2 Identify Automatic Thoughts

What automatic thought did I have when this happened?



3 Evaluate Evidence

What evidence supports that thought, and what evidence doesn't support it?



4 Explore Alternative Explanations

What is another explanation that is realistic, even if I don't fully believe it yet?

5 Assess Emotional & Behavioral Impacts

How did my thought affect what I felt and what I did next?

