

THOUGHT RECORD

1. Situation	2. Moods	3. Automatic Thoughts (Images)	4. Evidence That Supports the Hot Thought	5. Evidence That Does Not Support the Hot Thought	6. Alternative/ Balanced Thoughts	7. Rate Moods Now
<p>Who were you with? What were you doing? When was it? Where were you?</p>	<p>Describe each mood in one word. Rate intensity of mood (0–100%).</p>	<p>Answer some or all of the following questions:</p> <p>What was going through my mind just before I started to feel this way?</p> <p>What does this say about me?</p> <p>What does this mean about me? my life? my future?</p> <p>What am I afraid might happen?</p> <p>What is the worst thing that could happen if this is true?</p> <p>What does this mean about how the other person(s) feel(s)/think(s) about me?</p> <p>What does this mean about the other person(s) or people in general?</p> <p>What images or memories do I have in this situation?</p>	<p>Circle hot thought in previous column for which you are looking for evidence.</p> <p>Write factual evidence to support this conclusion.</p> <p>(Try to avoid mind-reading and interpretation of facts.)</p>	<p>Ask yourself the questions in the Hint Box (p. 70) to help discover evidence which does not support your hot thought.</p>	<p>Ask yourself the questions in the Hint Box (p. 95) to generate alternative or balanced thoughts.</p> <p>Write an alternative or balanced thought.</p> <p>Rate how much you believe in each alternative or balanced thought (0–100%).</p>	<p>Copy the feelings from Column 2.</p> <p>Rerate the intensity of each feeling from 0 to 100% as well as any new records.</p>