

Thought Record

<p>1. Situation Who, What, When, Where</p>	<p>2. Moods What did you FEEL? Rate each (0-100%)</p>	<p>3. Automatic Thoughts/Images What was going through your mind just before you started to feel this way? Any other thoughts or images? Circle the HOT thought (strongest).</p>	<p>4. Evidence that SUPPORTS the Hot Thought</p>	<p>5. Evidence that does NOT support the Hot Thought</p>	<p>6. Alternative/Balanced Thoughts Write an alternative thought Rate how much you believe in each alternative thought (0-100%)</p>	<p>7. Rate Moods Now Re-Rate moods listed in column 2 as well as any new moods (0-100%)</p>
	<p>Describe each mood in one word.</p>	<p>Answer some of these questions: What was going through my mind right before? What does this say about ME? My LIFE? My FUTURE? What am I afraid might happen? What is the worst thing that could happen if this were true? What does this mean about others? What images or memories do I have with this situation?</p>		<p>Have I had any experiences that show that this thought is not completely true all the time? If my friend or someone I love had this thought, what would I tell them? If this has happened before, what helped then? Am I jumping to conclusions or distorted thinking? Five years from now if I look back at this situation, will I look at it any differently? Am I blaming myself for something that I do not have complete control over?</p>		