

THOUGHT RECORD

. 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
		Answer some or all of the following				
Who were you with? What were you doing? When was it?	Describe each mood in one word. Rate intensity of	questions: What was going through my mind just before I started to feel this way? What does this say about me? What does this mean about me? my life? my future? What am I afraid might happen? What is the worst thing that could happen if this is true? What does this mean about how the other person(s) feel(s)/think(s) about me? What does this mean about the other person(s) or people in general?	Circle hot thought in previous column for which you are looking for evidence. Write factual evidence to support this conclusion.	See reverse	Write an alternative or balanced thought. Rate how much you believe in each alternative	Copy the feelings from Column 2. Rate the intensity of each feeling from 0 to 100% as well as any new records.
Where were you?	mood (0-100%).	What images or memories do I have in this situation?	(Try to avoid mind-reading and interpretation of facts.)		or balanced thought (0-100%).	