

Thought Record

<p><b>Situation</b> Who? What? Where? When?</p>	<p><b>Moods</b> What did you feel? Rate the mood (0-100%)</p>	<p><b>Automatic Thoughts or Images</b> What was going through your mind? Images? What thoughts do the images bring up? Circle what is particularly difficult (hot thought)</p>	<p><b>Evidence Supporting the Hot Thought</b></p>	<p><b>Evidence Not Supporting the Hot Thought</b></p>	<p><b>Alternative/Balanced Thoughts</b> a. Write a more balanced interpretation or conclusion b. Rate the balanced view's believability (0-100%)</p>	<p><b>Rate Moods Again</b> a. Rate moods from the second column b. Rate any new moods</p>