

1. Situation Who? What? When? Where?	2. Moods a. What did you feel? b. Rate each mood (0–100%).	3. Automatic Thoughts (Images) a. What was going through your mind just before you started to feel this way? Any other thoughts? Images? b. Circle or mark the hot thought.
<p>Tuesday 9:30 A.M.</p> <p>In my therapist's office, looking at the Thought Record.</p>	<p>Overwhelmed 95%</p> <p>Depressed 85%</p>	<p><i>This is too complicated for me to learn.</i></p> <p><i>I'll never understand this.</i></p> <p><i>Image/memory: Taking a report card home with bad grades and being yelled at by my parents.</i></p> <p><i>I'll never get better.</i></p> <p><i>Nothing can help me.</i></p> <p><i>This therapy won't work.</i></p> <p><i>I'm doomed to always be depressed.</i></p>

FIGURE 6.2. Marissa's first Thought Record.

COLUMN 1: SITUATION

In Chapter 4, you learned to describe situations by answering the questions Who? What? When? Where? In filling out column 1 of the Thought Record, be as specific as possible. Limit the "Situation" description to a specific time frame, from as short as a few seconds up to 30 minutes. For example, "all day Tuesday" is not specific enough. Even if you have only one mood "all day Tuesday," there are too many different situations and thoughts that can occur during a day to describe on the Thought Record. Researchers report that we have as many as 50,000 to 70,000 thoughts each day. No one wants to write that many thoughts on a Thought Record! By narrowing the situation down to a

RECORD

4. Evidence That Supports the Hot Thought	5. Evidence That Does Not Support the Hot Thought	6. Alternative/ Balanced Thoughts a. Write an alternative or balanced thought. b. Rate how much you believe each thought (0–100%).	7. Rate Moods Now Rerate column 2 moods and any new moods (0–100%).
<p><i>I look at this Thought Record and I don't know what to do.</i></p> <p><i>I never was very good in school.</i></p> <p><i>I don't know what you mean by "evidence."</i></p>	<p><i>At work, I learned the computer filing system, which is complicated.</i></p> <p><i>Some of the early worksheets seemed hard until my therapist helped me do them a few times – then they seemed easier.</i></p> <p><i>My therapist said I need to know how to do only the first two columns now.</i></p> <p><i>I can get help from my therapist until I know how to do it on my own.</i></p>	<p><i>Even though this seems complicated now, I've learned other complicated things in the past. 90%</i></p> <p><i>My therapist will help show me how to do this. 60%</i></p> <p><i>With practice, it might make sense and get easier. 70%</i></p>	<p><i>Overwhelmed 40%</i></p> <p><i>Depressed 80%</i></p>

specific instance in time when our mood is especially strong, you can focus on the most important thoughts that will help you understand your moods. Marissa's description of her situation as "Tuesday, 9:30 A.M. In my therapist's office, looking at the Thought Record" is a good example of a specific situation.

COLUMN 2: MOODS

In the "Moods" column of a Thought Record, list the moods you experienced in the situation you described. In addition to listing the moods, rate their intensity on a 0–100 scale.

Generally, moods can be described in one word. As you learned in Chapter 4, you can experience more than one mood in any situation. Each mood that you had in the situation