



Hot Thought:

<b>4. Evidence That Supports the Hot Thought</b>	<b>5. Evidence That Does Not Support the Hot Thought</b>	<b>6. Alternative/Balanced Thoughts</b>	<b>7. Rate Moods Now</b>
What are the facts? What evidence do you have to support what you think?	What evidence is there against it?  What biases might be affecting your thinking? Are you ... <ul style="list-style-type: none"><li>• Catastrophising</li><li>• Over generalising</li><li>• All-or-nothing thinking</li><li>• Discounting the positive, etc?</li></ul>	<b>a)</b> Using columns 4 & 5, try to write an alternative or more balanced thought: What would be the effect of a kinder, more compassionate way of looking at the situation? How would you help a child, close friend, or loved one look at the situation?  <b>b)</b> Rate how much you believe your alternative or balanced thought: (0% = no belief - 100% = total belief)	a) Copy the mood(s) from column 2.  b) Rerate the intensity of each mood (0–100%), as well as any new moods.  C) Rerate your belief in your 'hot thought' (column 3)