Thought Record

1. Situation	2. Moods	3. Automatic Thoughts (and Images)
	a) What did you feel? (A mood/feeling is usually one	a) What was going through your mind just before you started to feel this way?
	word)	b) What images or memories, if any, did you have in this situation?
Situation	b) Rate each mood? (0 – 100%)	c) Circle or mark the hot thought.
	c) Optional: If you have any physical symptoms e.g. tight chest, blushing - you could also write them down in this column	d) Rate how much you believe your 'hot thought' to be true, where 100 represents 'I absolutely believe this thought to be true'.
		Some extra questions to ask yourself: Depression
		What do you think it means about you? Your life? Your future?
		Anxiety What are you afraid might happen What is the worst that could happen?
		Anger What does this mean about how the other person feels or thinks about you? What does this mean about the other person in general?
		Guilt, shame
		Did you break rules, hurt others, or not do something you should have done? What do you think about yourself that you did this or believe you did this?
		Shame What does this mean about how the other person or other people feel and think about you [if they knew you did this]?

5. Evidence That Does Not Support the Hot Thought	6. Alternative/Balanced Thoughts	7. Rate Moods Now
What evidence is there against it? What biases might be affecting your thinking? Are you Catastrophising Over generalising All-or-nothing thinking Discounting the positive, etc?	a) 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) 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%), a well as any new moods. C) Rerate your belief in your 'hot thought' (colun 3)
	 the Hot Thought What evidence is there against it? What biases might be affecting your thinking? Are you Catastrophising Over generalising All-or-nothing thinking 	What evidence is there against it? What biases might be affecting your thinking? Are you Catastrophising Over generalising All-or-nothing thinking A) 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) Rate how much you believe your alternative or