
Questions to Determine Reason for No Mood Change after Completing a Thought Record

If there is no change in your mood ratings after you complete a Thought Record, ask yourself the following questions:

- Have I described a specific situation?
- Did I accurately identify and rate my moods in column 2?
- Is the thought I am testing a hot thought for the mood I want to change?
- Did I list multiple hot thoughts? If so, I may need to gather data supporting and not supporting each hot thought before my mood shifts.
- Is there an even hotter thought missing from my Thought Record that needs to be tested?
- Did I write down all the evidence that does not support the hot thought(s) I am evaluating? There should have been several pieces of evidence in column 5 before I wrote an alternative or balanced thought.
- Is the alternative or balanced thought I wrote in column 6 believable to me? If not, I will review the evidence again and try to write an alternative or balanced view that seems more believable.
- Does the evidence strongly support my hot thought? Then I may need to do an Action Plan or develop an attitude of acceptance regarding this situation and my reactions to it (see Chapter 10).
- Does the alternative or balanced thought match the evidence but I still don't believe it? Then I may need to gather additional evidence as described in Chapter 11, or work on core beliefs as described in Chapter 12.