Thought Record

1. Situation	2. Moods	3. Automatic Thoughts (Images)
Who? What? When? Where?	a) What did you feel? b) Rate each Mood? (0 – 100%)	a) What was going through your mind just before you started to feel this way? b) What images or memories, if any, did you have in this situation? c) Circle or mark the hot thought.
Who were you with? What were you doing? When was it? Where were you?	Describe each mood in one word. Circle or mark the mood you want to examine.	**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 I 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]?

4. Evidence That Supports the Hot Thought	5. Evidence That Does Not Support the Hot Thought	6. Alternative/Balanced Thoughts	7. Rate Moods Now
Try to find factual evidence to support your hot thought rather than just interpretations	Have a go at filling in 'evidence that does not support your hot thought' yourself. Later, I can give you a 'Help Sheet' if you get really stuck (a lot of people struggle here to find evidence)	a) Using columns 4 & 5, try to write an alternative or more balanced thought b) Rate how much you believe each 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.
		I have a 'Help Sheet' sheet to help you if you struggle with this	