

Hot Thought:

4. Evidence That Supports the Hot Thought	5. Evidence That Does Not Support the Hot Thought	6. Alternative/Balanced Thoughts	7. Rate Moods Now
<p>What are the facts? What evidence do you have to support what you think</p>	<p>What evidence is there against it? What biases might be affecting your thinking? For example, are you being led by your feelings or jumping to conclusions? Might you be exaggerating? Over-generalizing? Are you predicting the future as a certainty? Mind-reading? Or focusing on the negative side of things at the expense of everything else? Are you engaging in all-or-nothing thinking?</p>	<p>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? What is a more balanced and non-extreme point of view? How would someone you respect look at the experience?</p> <p>b) Rate how much you believe each alternative or balanced thought: (0% = no belief - 100% = total belief)</p>	<p>a) Copy the mood(s) from column 2.</p> <p>b) Rerate the intensity of each mood (0–100%), as well as any new moods.</p>
		<p>If your struggling to write an alternative or more balanced thought, try summarising all the evidence that supports the hot thought and another statement summarising all the evidence that does not support your hot thought, with a word in the middle joining the two statements together such as ‘however’ ‘but’ or ‘and’</p>	