

<p>1. Situation</p> <p>Who? What? When? Where?</p>	<p>2. Moods</p> <p>a. What did you feel? b. Rate each mood (0-100%). c. Circle or mark the mood you want to examine.</p>	<p>3. Automatic Thoughts (Images)</p> <p>a. What was going through your mind just before you started to feel this way? Any other thoughts? Images? b. Circle or mark the hot thought.</p>
<p>November 5, 9:00 p.m.</p> <p>Driving home from my daughter's home where I spent the day with my daughter, son-in-law, two of my grandchildren, and my wife.</p>	<p>Sad 80%</p>	<p>They all would have had a better time if I hadn't been there today.</p> <p>They didn't pay any attention to me all day.</p> <p>The kids and grandkids don't need me any more.</p>

OKS

FIGURE 9.2. Ben's Thought Record.

RECORD

4. Evidence That Supports the Hot Thought	5. Evidence That Does Not Support the Hot Thought	6. Alternative/ Balanced Thoughts a. Write an alternative or balanced thought. b. Rate how much you believe each thought (0-100%).	7. Rate Moods Now Rerate column 2 moods and any new moods (0-100%).
<p>I used to enjoy tying my granddaughter Nicole's shoes, but now she wants to do this on her own.</p> <p>My daughter and son-in-law have their lives together, and they don't need anything from me.</p> <p>Amy, the 15-year-old, left at 7:00 p.m. to be with her friends.</p> <p>Bill, my son-in-law, built new shelves and cabinets in the family room. Three years ago, he would have asked me and needed me to help him with a project that big.</p>	<p>Bill asked for my advice on plans for a room addition to their home.</p> <p>My daughter asked me to take a look at some vegetables in their garden that were dying. I was able to tell her that they weren't getting enough water.</p> <p>I made Nicole laugh often throughout the day.</p> <p>Amy seemed to enjoy my stories about her mom as a teenager.</p> <p>Nicole fell asleep in my lap.</p>	<p>Even though my children and grandchildren don't need me in the same ways they used to, they still seem to enjoy being with me and asked for my advice a few times. 85%</p> <p>They paid attention to me, although the attention was not the same as it has been in the past. 90%</p>	<p>Sad 30%</p>