

THOUGHT RECORD

1. Situation Who? What? When? Where?	2. Moods a. What did you feel? b. Rate each mood (0-100%).	3. Automatic Thoughts (Images) a. What was going through your mind just before you started to feel this way? Any other thoughts? Images? b. Circle the hot thought.	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 in each alternative or balanced thought (0-100%).	7. Rate Moods Now Rerate moods listed in column 2 as well as any new moods (0-100%).
<p><i>Put gouge in pumpkin I carved in recreational therapy.</i></p> <p><i>Wednesday, 3:30.</i></p>	<p><i>Disgusted</i></p> <p><i>75%</i></p>	<p><i>I ruined it.</i></p> <p><i>I blew it.</i></p>	<p><i>There is a gouge I didn't intend to leave above the left eye.</i></p>	<p><i>Other people told me they liked the pumpkin and the carving I did.</i></p> <p><i>I liked everything about the pumpkin except the left eye.</i></p> <p><i>I especially liked the mouth and the teeth—they looked realistic.</i></p> <p><i>The gouge may have looked like a scar or stitches which makes the pumpkin look sinister.</i></p> <p><i>That was the effect I wanted.</i></p>	<p><i>There are a lot of things about the pumpkin I did well. 80%</i></p> <p><i>Other people liked it. 70%</i></p> <p><i>Maybe my mistake didn't ruin it. 70%</i></p>	<p><i>Disgusted</i></p> <p><i>20-30%</i></p>

FIGURE 10.4 Frank's reactions to the pumpkin