

Thought Record

1. Situation	2. Moods	3. Automatic Thoughts (Images)
Situation	a) What did you feel? (A mood/feeling is usually one word) b) Rate each mood? (0 – 100%) c) Optional: If you have any physical symptoms e.g. tight chest, blushing - you could also write them down in this column	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 .

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
What are the facts? What evidence do you have to support what you think	What evidence is there against it? What biases might be affecting your thinking? For example, are you indulging in: all-or-nothing thinking; catastrophizing; mind-reading, jumping to conclusions, taking things personally; name calling and condemning yourself as a total person based on a single mistake, etc.?	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? 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.