

There can be more than one alternative or balanced thought that fits the evidence. When Linda completed column 6, she studied the evidence from columns 4 and 5 and considered alternatives to her hot thought. The evidence suggested that she was not having a heart attack, but that her rapid heartbeat and sweating were caused by her anxiety and were in no way dangerous or harmful. Instead of thinking, "I'm having a heart attack," Linda considered her alternative thoughts: "My heart is racing and I am sweating because I'm anxious/nervous about being on an airplane. My doctor told me that a rapid heartbeat is not necessarily dangerous, and in all likelihood my heartbeat will

**THOUGHT**

<b>1. Situation</b> Who? What? When? Where?	<b>2. Moods</b> a. What did you feel? b. Rate each mood (0–100%). c. Circle or mark the mood you want to examine.	<b>3. Automatic Thoughts (Images)</b> 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.
<i>Sunday evening, in the airplane, on the runway, waiting for the plane to take off.</i>	<i>Fear 98%</i>	<i>I'm feeling sick</i> <i>My heart is starting to beat harder and faster.</i> <i>I'm starting to sweat.</i> <i>I'm having a heart attack.</i> <i>I'll never be able to get off this plane and to a hospital in time.</i> <i>I'm going to die.</i>

**FIGURE 9.4.** Linda's completed Thought Record.

return to normal in just a few minutes.” Linda’s completed Thought Record, which she finished while she was still on the runway, is shown in Figure 9.4.

As Linda thought differently about her rapid heartbeat and sweating, her fear dropped considerably. Her fear was connected to her thought “I’m having a heart attack,” and not simply to her physical experiences of her heart beating rapidly and of sweating. When she examined the evidence for and against her thought and concluded that she was not having a heart attack, Linda’s became less fearful.

## RECORD

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>My heart is racing.</p> <p>I'm sweating.</p> <p>These could be two signs of a heart attack.</p>	<p>Anxiety can cause a rapid heartbeat.</p> <p>My doctor told me that the heart is a muscle, using a muscle makes it stronger, and a rapid heartbeat is not necessarily dangerous.</p> <p>A rapid heartbeat doesn't mean that I am having a heart attack.</p> <p>I have had this happen to me before in airports, on airplanes, and when thinking about flying.</p> <p>In the past, my heartbeat has returned to normal when I read a magazine, practiced slow breathing, did Thought Records, or thought in less catastrophic ways.</p>	<p>My heart is racing and I am sweating because I'm anxious and nervous about being on an airplane. 95%</p> <p>My doctor told me that a rapid heartbeat is not necessarily dangerous, and in all likelihood my heart rate will return to normal in just a few minutes. 85%</p>	<p>Fear 25%</p>