

WORKSHEET 9.2. Thought Record

THOUGHT RECORD

1. Situation	2. Moods	3. Automatic Thoughts (Images)	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>Describe each mood in one word.</p> <p>Rate intensity of mood (0–100%).</p> <p>Circle or mark the mood you want to examine.</p>	<p>What was going through my mind just before I started to feel this way?</p> <p>What images or memories do I have in this situation?</p>	<p>Circle hot thought in previous column for which you are looking for evidence.</p> <p>Write factual evidence to support this conclusion. (Try to write facts, not interpretations,</p>		<p>Write an alternative or balanced thought.</p> <p>Rate how much you believe each alternative or balanced thought (0–100%).</p>	<p>Rerate the intensity of each mood (0–100%), as well as any new moods.</p>