


**HELPFUL
HINTS**
Questions to Help Arrive at Alternative or Balanced Thinking

- Based on the evidence I have listed in columns 4 and 5 of the Thought Record, is there an *alternative* or balanced way of thinking about or understanding this situation?
- If an alternative view of the situation emerges from the evidence in columns 4 and 5, write it in column 6. Otherwise, write a balanced thought.
- To write a *balanced* thought, write one statement summarizing all the evidence that supports my hot thought(s) (column 4), and another statement summarizing all the evidence that does not support my hot thought(s) (column 5). Does combining the two summary statements with the word “and” create a balanced thought that takes into account all the information I have gathered?
- If someone I cared about was in this situation, had these thoughts, and had this information available, what alternative view(s) of the situation would I suggest?
- If someone who cares about me knew I had my hot thought(s), what might this person say is another way of understanding this situation?
- If a hot thought is supported, what is the worst outcome? If a hot thought is supported, what is the best outcome? If a hot thought is supported, what is the most likely outcome?

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Column 7 of the Thought Record asks you to rerate the moods you have identified in column 2. If you have constructed a balanced/alternative thought that is believable to you, you will probably notice that the intensity of your negative mood has decreased, and your moods may even change.