



THOUGHT RECORD

SITUATION	MOOD	AUTOMATIC THOUGHT(S)	EVIDENCE SUPPORTING HOT THOUGHT	EVIDENCE AGAINST HOT THOUGHT	ALTERNATIVE/BALANCED THOUGHT	NEW MOOD RATING
<p>WHO?</p> <p>WHAT?</p> <p>WHERE?</p> <p>WHEN?</p>	<p>INTENSITY OF MOOD</p> <p>0 - 100%</p>	<p>What are other people's intentions?</p> <p>What does this mean about me, others, future</p> <p>Images and memories that come to mind?</p> <p>What do I imagine happening</p> <p>What was I thinking about before this feeling?</p> <p>What do I fear?</p>	<p>The HOT thought is what is really causing the emotion</p> <p>Data, facts</p> <p>Information</p> <p>NOT interpretations</p>	<p>Evidence against my HOT thought is difficult when emotion(s) are intense</p> <p>See (next page)</p>	<p>Write a balanced or alternative thought</p>	<p>Re-Rate the intensity of each mood</p> <p>0 - 100%</p>