



# Thought Record

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<b>Situation</b>	Who? What? Where? When?	Mood Rating: (1-100)
<b>Automatic Thoughts</b>	What are other people's intentions? What does this mean about me, others, future? Images and memories that come to mind. What do I imagine happening? What was I thinking about before this feeling? What do I fear?	
<b>Evidence Supporting Hot Thoughts</b>	The HOT thought is what is really causing the emotion. Data Facts Information Not Interpretations	
<b>Evidence Against Hot Thoughts</b>	Difficult when emotion(s) are intense - see next page	
<b>Alternative Balanced Thoughts</b>	Write a balanced or alternative thought	New Mood Rating: (1-100)

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<b>Alternative Balanced Thoughts</b>	Write a balanced or alternative thought	New Mood Rating: (1-100)