

# THOUGHT RECORD

Situation	Emotion & Physical Reactions	Automatic Thoughts (or Images)	Evidence That Supports my Negative Thought(s)	Evidence That Does Not Support the Negative Thought(s)	Alternative/ Balanced Thoughts	Rate Emotion & Physical Reactions Now
<p>Who were you with?</p> <p>What were you doing?</p> <p>When was it?</p> <p>Where were you?</p>	<p>Describe each mood in one word. Rate intensity of mood (0-100%).</p> <p>What physical reactions did you have?</p>	<ul style="list-style-type: none"> <li>• What was going through my mind just before I started to feel this way?</li> <li>• What does this mean about me? my life? my future?</li> <li>• What am I afraid might happen?</li> </ul>	<p>Write factual evidence to support this conclusion.</p> <p>(Try to avoid mind-reading and interpretation of facts.)</p>	<p>See side 2 for ideas of what questions to ask yourself.</p>	<p>Write an alternative thought.</p> <p>Rate how much you believe in each alternative or balanced thought (0 – 100)</p>	<p>Copy the feelings from column 2. Rerate the intensity of feeling from 0 to 100% as well as any new feelings</p>