

THOUGHT RECORD

1. Situation	2. Moods	3. Automatic Thoughts (and 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
Who, what, when, where?	a. What did you feel? b. Rate each mood 0-100	a. What was going through your mind just before you started to feel this way? Any other thoughts? Images? b. Circle the hot thought.			a. Write an alternative or balanced thought. b. Rate how much you believe in each alternative or balanced thought (0-100%).	Rerate moods listed in col- umn 2 as well as any new moods (0-100%).