

# Thought Record



Situation

Moods

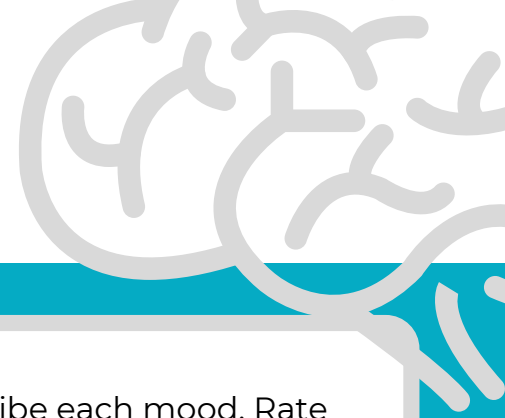
Automatic thoughts and images

Evidence that supports the hot thought

Evidence that does not support the hot thought

Alternative/Balanced thought

# Thought Record - Instructions



## Situation

Who were you with? What were you doing?  
What happened?

## Moods

Describe each mood. Rate intensity 0-100%. Circle the mood you want to examine

## Automatic thoughts and images

What was going through my mind before I started to feel this way? What images or memories go along with this thought? What would it mean about me if my hot thought was true?

## Evidence that supports the hot thought

Circle the 'hot thought' from the previous section. Write factual evidence to support this thought/conclusion. Remember to write facts not interpretations

## Evidence that does not support the hot thought

See attached sheet of helpful questions to ask to help find evidence that does not support your hot thought

## Alternative/Balanced thought

See attached sheet of helpful questions to create a more balanced adaptive thought. Rate how much you believe each balanced thought from 0-100%. Relook at your mood and rate them from 0-100% What has changed?

# Thought Record - Helpful Hints



## How to find evidence that does not support your hot thought

- Have I been in this situation before? What happened?
- Are there any positives in the situation that I am ignoring?
- If someone I loved had this thought, what would I tell them?
- Are there any strengths of mine that I am ignoring in this situation? How might they be useful to me in this situation?
- When I am not feeling this way, do I think about this situation any differently? What factual information do I focus on?
- Are there any small pieces of information that contradict my hot thought that I may be ignoring?
- Five years from now, if I look back at this situation will I view it any differently? How? Will I focus on a different part of my experience?

## How to create a more balanced and adaptive thought

- To write a more balanced thought, write one statement summarizing all the evidence that supports the hot thought and another refuting it. Does combining the two with the word 'and' create a more balanced view with all the information that you have gathered
- How might someone who cares about me say is another way of understanding the situation?
- If a hot thought is supported, what is the worst outcome? What is the best outcome? What is the most likely outcome?
- How would you prefer to think about this hot thought?