

# Thought Record

<b>Situation</b>	<b>Emotions (0-10)</b>	<b>Automatic thoughts (beliefs)</b> believability 0-100%	<b>Evidence supporting the automatic thought</b>	<b>Evidence against the automatic thought</b>	<b>Alternative / more balanced thought</b> believability 0-100%	<b>Re-rating emotions (0-10)</b>
<ol style="list-style-type: none"> <li>1. Who was I with?</li> <li>2. Where was I?</li> <li>3. What happened?</li> <li>4. What was I doing?</li> </ol>	<ul style="list-style-type: none"> <li>• Describe each emotion you felt</li> <li>• Rate the intensity of each emotion on a scale from 1 to 10</li> </ul>	<ul style="list-style-type: none"> <li>• What was going through my mind?</li> <li>• What images came to mind?</li> <li>• What did this situation mean to me?</li> <li>• What was the worst that could happen?</li> <li>• What does this say about me?</li> <li>• What does this say about others?</li> <li>• What does this say about the future?</li> <li>• Write down the most distressing thought</li> </ul>	<ul style="list-style-type: none"> <li>• What facts support this thought?</li> <li>• What experiences support it?</li> <li>• What would I say to someone else if they had this thought?</li> </ul>	<ul style="list-style-type: none"> <li>• What facts do not support this thought?</li> <li>• Am I overlooking something?</li> <li>• Is there another way to look at this situation?</li> <li>• Am I making any thinking errors?</li> </ul>	<ul style="list-style-type: none"> <li>• Write a more realistic and balanced thought</li> <li>• Is this thought helpful?</li> <li>• Now rate how believable this alternative thought feels (0-100%)</li> </ul>	<ul style="list-style-type: none"> <li>• Describe your emotions again</li> <li>• Re-rate the intensity of each emotion on a scale from 1 to 10</li> </ul>

