

## WORKSHEET 9.2. Thought Record

### THOUGHT RECORD

1. Situation	2. Moods	3. Automatic Thoughts (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
<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.</p> <p>Rate intensity of mood (0–100%).</p> <p>Circle or mark the mood you want to examine.</p>	<p>Answer one or both of the questions below, and then some or all of the questions (on p. 54) specific to the mood you circled or marked:</p> <p>What was going through my mind just before I started to feel this way?</p> <p>What images or memories do I have in this situation?</p>	<p>Circle hot thought in previous column for which you are looking for evidence.</p> <p>Write factual evidence to support this conclusion.</p> <p>(Try to write facts, not interpretations, as you practiced in <b>Worksheet 8.1</b> on p. 72.)</p>	<p>Ask yourself the questions in the Helpful Hints (p. 75) to help discover evidence that does not support your hot thought.</p>	<p>Ask yourself the questions in the Helpful Hints in Chapter 9 (p. 100) to generate alternative or balanced thoughts.</p> <p>Write an alternative or balanced thought.</p> <p>Rate how much you believe each alternative or balanced thought (0–100%).</p>	<p>Copy the moods from column 2.</p> <p>Rerate the intensity of each mood (0–100%), as well as any new moods.</p>