

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? What were you doing? When was it? Where were you?</p>	<p>Describe each mood in one word. Rate intensity of mood (0-100%).</p>	<p>Answer some or all of the following questions: What was going through my mind just before I started to feel this way? What does this say about me? What does this mean about me? my life? my future? What am I afraid might happen? What is the worst thing that could happen if this is true? What does this mean about how the other person(s) feel(s)/think(s) about me? What does this mean about the other person(s) or people in general? 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. Write factual evidence to support this conclusion. (Try to avoid mind-reading and interpretation of facts).</p>	<p>Ask yourself the questions in the Hint Box (p. 70) to help discover evidence that does not support your hot thought.</p>	<p>Ask yourself the questions in the Hint Box (p.95) to generate alternative or balanced thoughts. Write an alternative or balanced thought. 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 each feeling from 0-100% as well as any new records.</p>

QUESTIONS TO HELP FIND EVIDENCE THAT DOES NOT SUPPORT YOUR HOT THOUGHT

- Have I had any experiences that show that this thought is not completely true all the time?
- If my best friend or someone I loved had this thought, what would I tell them?
- If my best friend or someone who loves me knew I was thinking this thought, what would they say to me? What evidence would they point out to me that would suggest that my thoughts were not 100% true?
- When I am not feeling this way, do I think about this type of situation any differently? How?
- When I have felt this way in the past, what did I think that helped me feel better?
- Have I been in this type of situation before? What happened? Is there anything different between this situation and previous ones? What have I learned from prior experiences that could help me now?
- Are there any small things that contradict my thoughts that I might be discounting as not important?
- Five years from now, if I look back at this situation, will I look at it any differently? Will I focus on any different part of my experience?
- Are there any strengths or positives in me or in the situation that I am ignoring?
- Am I jumping to any conclusions in columns 3 and 4 that are not completely justified by the evidence?
- Am I blaming myself for something over which I do not have complete control?

From Mind Over Mood by Dennis Greenberger and Christine A. Padesky. 1995 The Guilford Press.

QUESTIONS TO HELP ARRIVE AT ALTERNATIVE OR BALANCED THINKING

- Based on the evidence I have listed in columns 4 and 5 of the Thought Record, is there an alternative way of thinking about or understanding this situation?
- Write one sentence that summarizes all the evidence that supports my hot thought (column 4) and all the evidence that does not support my hot thought (column 5). Does combining the two summary statements with the word "and" create a balanced thought that takes into account all the information I have gathered?
- If someone I cared about was in this situation, had these thoughts, and had this information available, what would be my advice to them? How would I suggest that they understand the situation?
- If my hot thought is true, what is the worst outcome? If my hot thought is true, what is the best outcome? If my hot thought is true, what is the most realistic outcome?
- Can someone I trust think of any other way of understanding this situation?

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EXAMPLE OF A 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>I had an argument with my boss.</p> <p>Who were you with? What were you doing? When was it? Where were you?</p>	<p>Anxiety (80%).</p> <p>Describe each mood in one word. Rate intensity of mood (0-100%).</p>	<p>He's so stupid.</p> <p style="text-align: center;">I will get fired!</p> <p>I wish I could tell him off.</p> <p>Answer some or all of the following questions: What was going through my mind just before I started to feel this way? What does this say about me? What does this mean about me? my life? my future? What am I afraid might happen? What is the worst thing that could happen if this is true? What does this mean about how the other person(s) feel(s)/think(s) about me? What does this mean about the other person(s) or people in general? What images or memories do I have in this situation?</p>	<p>I was late for work 3 weeks ago.</p> <p>We had a disagreement about the current project last week.</p> <p>Circle hot thought in previous column for which you are looking for evidence. Write factual evidence to support this conclusion. (Try to avoid mind-reading and interpretation of facts).</p>	<p>I got an excellent performance review 2 weeks ago.</p> <p>Our argument was about how best to complete the current project.</p> <p>He always asks for my opinion.</p> <p>Ask yourself the questions in the Hint Box (p. 70) to help discover evidence that does not support your hot thought.</p>	<p>Although we got into an argument, it was about how to complete a project and not about my work ethic. In fact, I recently had an excellent performance review. So there is no evidence I will be fired. (I believe this 90%).</p> <p>Ask yourself the questions in the Hint Box (p.95) to generate alternative or balanced thoughts.</p> <p>Write an alternative or balanced thought.</p> <p>Rate how much you believe in each alternative or balanced thought (0-100%).</p>	<p>Anxiety (20%).</p> <p>Relief (75%).</p> <p>Copy the feelings from Column 2. Rerate the intensity of each feeling from 0-100% as well as any new records.</p>