

THOUGHT RECORD

<p>(1) Situation</p>	<p>(2) Automatic Thought(s)</p>	<p>(3) Emotion(s) &amp; Sensations</p> <p>Emotions:</p>	<p>(4) Evidence to Support Thought</p>	<p>(5) Evidence That Doesn't Support Thought</p>	<p>(6) Alternative Thought</p>
<p>What actually happened? Where? What? How? When? (Date and time)</p>	<p>What thought(s) went through your mind? How much did you believe it? (1-100)</p>	<p>Sensations:</p> <p>What emotion(s) did you feel at the time? How intense were they? (1-100) Rate your mood.</p>	<p>What has happened to make you believe the thought is true?</p>	<p>What has happened to prove the thought is not true?</p>	<p>What is another way to think of this situation?</p>