# 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 |
|---|---|---|---|---|---|---|
| Who were you with?<br>What were you doing?<br>When was it?<br>Where were you? | Describe each mood in one word. Rate intensity of mood (0–100%). | **Answer some or all of the following questions:**<br>What was going through my mind just before I started to feel this way?<br>What does this say about me?<br>What does this mean about me? my life? my future?<br>What am I afraid might happen?<br>What is the worst thing that could happen if this is true?<br>What does this mean about how the other person(s) feel(s)/think(s) about me?<br>What does this mean about the other person(s) or people in general?<br>What images or memories do I have in this situation? | Circle hot thought in previous column for which you are looking for evidence.<br>Write factual evidence to support this conclusion.<br>(Try to avoid mind-reading and interpretation of facts.) | Ask yourself the questions in the Hint Box (p. 70) to help discover evidence which does not support your hot thought. | Ask yourself the questions in the Hint Box (p. 95) to generate alternative or balanced thoughts.<br>Write an alternative or balanced thought.<br>Rate how much you believe in each alternative or balanced thought (0–100%). | Copy the feelings from Column 2.<br>Rerate the intensity of each feeling from 0 to 100% as well as any new records. |

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