

THOUGHT RECORD

Situation	Moods	Automatic Thoughts	Evidence that Supports that Triggering Thought?	Evidence that Does not Support the Triggering Thought?	Alternative or Balanced Replacement Thought	Rate Moods Now
<p>Who? What? When? Where?</p>	<p>a. What emotions did you feel</p> <p>b. Rate each mood (0-100%)</p>	<p>a. What was going through your mind just before you started to feel this way? Any other thoughts? Images?</p> <p>b. Mark the triggering thought</p>			<p>a. Write an alternative or balanced thought</p> <p>b. Rate how much you believe each new thought (0-100%)</p>	<p>Re-rate column 2 and any new moods (0-100%)</p>