**CHALLENGING NEGATIVE (or UNHELPFUL) AUTOMATIC THOUGHTS - THOUGHT RECORD**

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| --- | --- | --- | --- | --- | --- | --- |
| 1. Situation | 2. Moods | 3. Automatic Thoughts (or images)  | 4. Evidence that Supports the Hot Thought | 5. Evidence that does not Support the Hot Thought  | 6. Alternative or Balanced Thoughts | 7. Rate MoodNow |
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| Who were you with? What were you doing? When was it? Where were you? | Describe each Mood in one word  Rate Intensity of mood (0-100%). | Answer some or all of the questions below (paragraph 1)\* | Circle the hot thought in the previous column for which you are looking for evidence. Write factual evidence to support this conclusion. | Ask yourself the questions in Paragraph 2\*\* (below) to help discover evidence that does not support your hot thoughts. | Write an alternative or balanced thought that is consistent with the evidence. Rate how much you believe in each alternative or balanced thought (0-100%). | Rerate moods listed in column 2 on intensity (0-100%). Include any new moods. See Paragraph 4\*\*\*\* (below). |

\*1: Automatic Thoughts (or images) – Consider these questions:

* What was going through my mind just before I began 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 people (person) feel(s)/think(s) about me?
* What does this mean about the other person or people in general?
* What images of memories do I have in this situation?

\*\*2: Finding Evidence that Does NOT support your Hot (Automatic) Thoughts or images – Consider these questions:

* Have I had experiences that show that this thought is not completely true all the time?
* If someone I loved or cared for had this thought, what would I tell them?
* If my best friend knew I was thinking this thought, what would they say to me? What evidence would they point out to demonstrate that my thoughts were not 100% true?
* When I’m 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 about 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 parts 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 or 4 that are not completely justified by the evidence?
* Am I blaming myself for something over which I do not have complete control?

\*\*\*3: Questions to help arrive at Alternative or Balanced Thinking:

* Based on the evidence listed in columns 4 and 5, is there an alternative way of thinking about or understanding this situation?
* Write one sentence that summarises all the evidence supporting the Hot Thought and all the evidence that does not support the Hot Thought. Does combining the two summary statements with the word “and” create a balanced thought that takes all the information into account?
* 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 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?
* I had experiences that show that this thought is not completely true all the time?

\*\*\*\*4: No Mood change after completing a Thought Record? Ask these Questions:

* Have I described a specific situation?
* Did I accurately identify and rate my moods?
* Is the thought I am testing really a Hot Thought for the mood I want to change?
* Did I list multiple Hot Thoughts? If so, I may need to gather data supporting and contradicting each Hot
* Thought before my mood shifts.
* Is there an even Hotter Thought missing from my Thought Record that needs to be evaluated.
* Did I write down all the evidence that contradicts the Hot Thought(s) I am evaluating? There should have been several pieces of evidence in column 5 before I wrote an Alternative or Balanced Thought.
* Is the Alternative or Balanced Thought I wrote in column 6 believable to me? If not, I need to review the evidence again and try to write an alternative or balanced view that seems more credible.