

Thought Record

(Adapted from Padesky, 2016)

Date:

Name:

1. Situation What were you doing? Who were you with? Where were you? When was it?	2. Moods What did you feel? Rate each mood (0-100%).	3. Automatic Thoughts (Images) What was going through your mind? Rate how much you believe each thought (0-100%). Circle the hot thought.	4. Evidence that supports the thought What factual evidence supports the hot thought?	5. Evidence that does not support the thought Ask yourself the questions below to discover alternative evidence.	6. Alternative/Balanced Thoughts Write an alternative or balanced thought. Rate how much you believe each thought (0-100%).	7. Rate Moods Now Rerate moods from column 2 and any new moods (0-100%).
				What is evidence against this idea? When I am not feeling this way, how do I think about this type of situation? If a friend knew I was thinking this, what would they say to me? What would I say to a friend in this situation? What is a compassionate way to think about this? Even if the worst thing happened, could I cope? What could I do or think that would be more helpful than dwelling on this?		