

Step 1. Situation:



**Step 2. Describe mood and
rate intensity 1-100%:**

1. (%)
2. (%)
3. (%)



Step 3. Automatic Thoughts:

Hot Thought:

**Step 4. Evidence which
supports the hot thought:**



**Step 5. Evidence which does
not support the hot thought:**



Step 6-Alternative/balanced thought
(Formula: Although Col 4, Col 5 therefore...)

Rate the extent to which you believe this:



**Step 7 . Re -rate
mood intensity 1 -
100%:**

1. (%)
2. (%)
3. (%)

**THOUGHT
RECORD**