

CHALLENGING NEGATIVE AUTOMATIC THOUGHTS

<p style="text-align: center;">Situation</p> <p>Who? What ? When? Where?</p>	<p style="text-align: center;">Mood</p> <p>a. What did you feel</p> <p>b. Rate each mood (0-100%)</p>	<p style="text-align: center;">Automatic Thoughts</p> <p>a. What was going through your mind before you felt this way? Any other thoughts, images?</p> <p>b. circle the <i>hot thought</i></p>	<p style="text-align: center;">Evidence that supports the Hot Thought</p>	<p style="text-align: center;">Evidence that does not support the Hot Thought</p>	<p style="text-align: center;">Alternative/ Balanced thoughts</p> <p>a. Write an alternative or balanced thought</p> <p>b. Rate how much you believe in each of these thoughts (0-100%)</p>	<p style="text-align: center;">Mood</p> <p>Re-rate moods in column 2 plus any new moods (0-100%)</p>