

Thought Record for reframing negative thoughts

Situation	Mood	Automatic thoughts (images)	Evidence that supports the hot thought	Evidence that does not support the hot thought	Alternative/ balanced thoughts	Rate moods now
<p>Who were you with?</p> <p>What were you doing?</p> <p>When was it?</p> <p>Where were you?</p>	<p>Describe each mood in one word. Rate intensity of mood (0-100%)</p>	<p>Answer some or all of the following questions:</p> <p>What was going through my mind just before I started to feel this way?</p> <p>What does this say about me?</p> <p>What does this mean about me? My life? My future?</p> <p>What am I afraid might happen?</p> <p>What is the worst thing that could happen if this is true?</p> <p>What does this mean about how the other person(s) feel(s)/ think(s) about me?</p> <p>What does this mean about how the other person(s) feel(s)/think(s) about me?</p> <p>What does this mean about the person(s) or people in general? What images or memories do I have in this situation?</p>	<p>Circle hot thought in previous column for which you are looking for evidence.</p> <p>Write factual evidence to support this conclusion.</p> <p>(Try to avoid mind-reading and interpretation of facts.)</p>	<p>Ask yourself the questions in the Hint Box to help discover evidence which does not support your hot thought.</p>	<p>Ask yourself the questions in the Hint Box to generate alternative or balanced thoughts.</p> <p>Write an alternative or balanced thought.</p> <p>Rate how much you believe in each alternative or balanced thought (0-100%).</p>	<p>Copy the feelings from Colum 2.</p> <p>Rate the intensity of each feeling from 0-100% as well as any new records.</p>

How to use the Thought Record

Column 1 Situation: Write down your anxiety-provoking situation.

Column 2 Moods: Describe what you felt (e.g. panic, anxiety) and rate each mood's intensity 1-100%.

Column 3 Automatic Thoughts: Write down what was going through your mind, including images, just before you started to feel this way. Then, circle the 'hot thought,' i.e., the thought that caused your anxiety to peak. *Column 4 Evidence 'For':* Starting with the 'hot thought' you circled in *Column 3*, look for **factual** evidence that supports this conclusion. Try to avoid interpretation of facts.

Column 5 Evidence 'Against': Now look for evidence which does not support your hot thought. If you are having a hard time finding this evidence, try asking: "If my best friend or someone who loves me knew I was having this thought, what would they say to me?"

Column 6 Alternative Thoughts: Now look at the evidence, for and against. If the evidence does not support your hot thought(s), ask "Is there an alternative way to thinking about or understanding this situation?" Write an alternative view of the situation.

* If your hot thought is partially true, combine the evidence, for and against, into a balanced thought. e.g. Hot thought: "I can't get this thesis done." Balanced thought: "Writing a thesis is a large project, but I have completed other projects of this scale in the past."

** If your hot thought is true, ask: What is the worst outcome? What is the best outcome? What is the most realistic outcome?

Column 7 Rate New Moods: Finally, rerate the intensity of each feeling and compare to the intensity in *Column 2*.

You might notice that the mood's intensity has decreased.

Source: Greenberger, D. & Padesky, C.A. (1995). *Mind Over Mood*. NY: The Guilford Press.