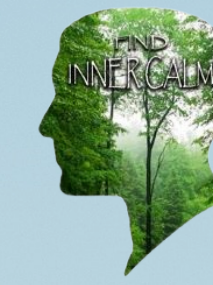


Thought Record



<p>Situation: Who? What? When?</p>	<p>Mood: What emotions did you feel? Rate intensity 0-100%</p>	<p>Automatic Thoughts: What was going through your mind? Thoughts or images.</p>	<p>Evidence that supports the thought(s):</p>	<p>Evidence that does not support the thought(s):</p>	<p>Alternate or balanced thought:</p>	<p>Re-rate intensity of feelings:</p>
			<p>Identify any unhelpful thinking styles:</p>	<p>Would you view it the same way for someone else? Why? Why not?</p>		