

# THOUGHT RECORD SHEET

Situation (Trigger)	Emotions/Mood (rate 0-100%)	Automatic Thoughts (Circle the Hot Negative Auto Thought (NAT))	Evidence for your NAT	Evidence against your NAT	Third Party View (trusted friend)	More Balanced Thought	Emotions/Mood Now
<p><i>What was the situation causing you to feel anxiety/fear/emotional?</i></p>	<p><i>What emotion/feelings did you feel (are you feeling)</i></p>	<p><i>What went through your mind? Thoughts, memories, images. What 'button' is being pressed? Circle the HOT thought</i></p>	<p>List the evidence that says your hot NAT might be true</p>	<p>List the evidence that says your hot NAT might NOT be true</p>	<p><i>How might a trusted friend/other see the NAT?</i></p>	<p><i>What might be a more balanced thought to the Trigger situation?</i></p>	<p><i>Now rate your emotion/feelings again.</i></p>