Thought Record

A Activating Event: Situation	**B Beliefs: Automatic Thoughts**
C Consequences: Mood/Emotions/Feeling	

My HOT Thought:

Evidence That SUPPORTS My HOT Thought	**Evidence That DOES NOT SUPPORT My HOT Thought**

Alternative/More Balanced Thoughts	**Rate Moods/Emotions/Sensations Now**
1. Rate how much you believe: 1-100 2. Re-rate Hot Thought	1. Re-rate the consequences from **Part C** 2. Write down & rate any new moods/ emotions