

Thought Challenging Record – 7 Column

Situation	Emotion or feeling <small>(Rate intensity 0–100%)</small>	Automatic thought	Evidence that supports the thought	Evidence that does not support the thought	Alternative (balanced) thought <small>(Rate degree of belief 0–100%)</small>	Emotion or feeling <small>(Rate intensity 0–100%)</small>
<p>Where were you? What were you doing? Who were you with? When did it happen?</p>	<p>Record emotions and body sensations</p>	<p>What thoughts, images, or memories were going through your mind? If it was an image or memory, what did it mean to you?</p>	<p>What facts support the truthfulness of this thought?</p>	<p>What experiences indicate that this thought is not completely true all of the time? Are there any small experiences which contradict this thought?</p>	<p>Write a new thought which takes into account the evidence for and against the original thought</p>	<p>How do you feel about the situation now?</p>