

THOUGHT RECORD

Circumstance/ Situation	Mood(s) & Intensity (0-100)	Automatic Thoughts	Evidence in Support	Alternative Thought or Evidence Against	Mood(s) & Intensity rating

Auto thought questions: 1. What was going through my mind just before I started to feel this way? 2. What does this mean/say about me? 3. What does this mean about how other people think/feel about me?