

UNHELPFUL THOUGHT RECORD: WEIGHING THE EVIDENCE

SITUATION: (Give details of situation including who you were with, what happened, when it happened, etc.)

THOUGHTS	FEELINGS- MOOD Rating	Alternative Thoughts- Countering Evidence Adaptive Behaviors	EFFECTS Change in Mood Rating
Helpful questions: What was going on in my mind at the time? What immediate images or memories did I have? What was I saying to myself at the time? What does this mean about how I view myself, my future and the world around me? Are my thoughts "out of proportion" to the event.	What is the evidence that this thought is true? What would other people say? What would I tell a friend in the same situation?	How did these alternative thoughts affect my mood?	One word description of your mood with a 0-100 intensity rating focusing on your strongest emotional response.

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