

• **EMOTIONAL BALANCE:** CBT Thought Record Sheet

<p>Situation/ trigger:</p> <p><i>Where were you and <b>what is/was going on</b> when you got upset?</i></p>	<p>Emotion or feeling:</p> <p><i><b>How does this make you feel?</b> Describe each mood in one word. <b>Rate intensity of mood 0-10 with 10 being the most intense.</b></i></p>	<p>Negative automatic thoughts:</p> <p><i><b>What is going through your mind?</b> What are you afraid might happen? What is the worst thing that could happen if this is true? What might others think? What does this say about you? What does this mean about you? Your life? Your future? What images or memories do you have in this situation?</i></p>	<p>Evidence that supports the negative thoughts:</p> <p><i><b>What is the evidence for these thoughts?</b> What are the facts? Can you find any <b>factual</b> evidence these thoughts are true?</i></p>	<p>Evidence that <b>doesn't</b> support the negative thoughts:</p> <p><i><b>What facts and evidence do you have that the unhelpful thought/s are NOT totally true?</b> Is it possible that this is opinion, rather than fact?</i></p>	<p>Alternative &amp; more balanced, realistic perspective:</p> <p><i><b>STOP!</b> Take a deep breath... What would someone else say about this situation? <b>What's the bigger picture? Is there another way of seeing it?</b> What advice would you give someone else? Is your reaction in proportion to the actual event? Is this really as important as it seems?</i></p>	<p>Emotion or feeling:</p> <p><i><b>What are you feeling now? Rate 0-10 again.</b> What could you do differently moving forwards? What will be most helpful for you or the situation?</i></p>
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