

Thought Challenging Record

This record helps you to challenge unhelpful automatic thoughts by weighing up evidence and generating alternative perspectives. With practise, this becomes more efficient and intuitive and your automatic thoughts can start to change.



Situation	Emotion	Automatic Thought	Evidence For	Evidence Against	More Balanced Thought	Outcome
<p>What happened? (who/what/when/where)</p>	<p>What did you feel? (0-100%)</p>	<p>What went through your mind?</p>	<p>Facts that support the thought</p>	<p>Facts that don't support the thought</p>	<p>A fair, helpful alternative</p>	<p>Differences in emotions now? (0-100%) Any new perspectives?</p>