

Identifying and working with my patterns of negative thinking

1	Situation Context Who? What? When? Where?	
2	Emotions /moods (rate/10)	
3	Automatic thoughts and images (circle the hot thought i.e. the most emotionally charged)	
4	Evidence that supports the <u>hot</u> thought	
5	Evidence that does not support the <u>hot</u> thought	
6	Alternative, balanced thoughts (rate belief /10)	
7	Action plan	
8	Current emotions/moods (rate /10)	