<table>
<thead>
<tr>
<th>Where were you?</th>
<th>Emotion or feeling</th>
<th>Negative automatic thought</th>
<th>Evidence that supports the thought</th>
<th>Evidence that does not support the thought</th>
<th>Alternative thought</th>
<th>Emotion or feeling</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Emotions can be described with one word. E.g.:** angry, sad, scared
**Rate 0-100%**

**What thoughts were going through your mind?**
**What memories or images were in my mind?**
**What facts support the truthfulness of this thought or image?**
**What experiences indicate that this thought is not completely true all of the time?**
**If my best friend had this thought what would I tell them?**
**Are there any small experiences which contradict this thought?**
**Could I be jumping to conclusions?**

**Write a new thought which takes into account the evidence for and against the original thought**

**How do you feel about the situation now?**
**Rate 0 - 100%**