



1	2	3	4	5	6	7
<p>SITUATION</p> <p>—●—</p> <p>What was going on?</p> <p>Where? When? Who was involved?</p>	<p>MOOD</p> <p>—●—</p> <p>How did you feel? (List emotions)</p> <p>Rate each emotion 0–100%</p>	<p>AUTOMATIC THOUGHTS</p> <p>—●—</p> <p>What went through your mind?</p> <p>What does this mean/say about you?</p>	<p>EVIDENCE FOR THE THOUGHT</p> <p>—●—</p> <p>What facts support this thought?</p> <p>(What's the evidence this thought is true?)</p>	<p>EVIDENCE AGAINST THE THOUGHT</p> <p>—●—</p> <p>What facts don't support this thought?</p> <p>(What's the evidence this thought may not be true?)</p>	<p>BALANCED THOUGHT</p> <p>—●—</p> <p>What is a more balanced, realistic, or helpful way of thinking about the situation?</p> <p>(Reframe in a way that is truthful and helpful)</p>	<p>NEW MOOD</p> <p>—●—</p> <p>How do you feel now?</p> <p>(Rate each emotion again 0–100%)</p>