

Identifying and working with my patterns of negative thinking

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| 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) | |