

# Thought record / Reality Check

## 1. **Situation:**

Who were you with? What were you doing? When was it? Where were you?

## 2. **Moods**

Describe each mood in 1 word. Rate how strong the mood was (1-100%)

## 3. **Thoughts** Ask yourself some or all of these questions:

For All moods: What was going through my mind just as I started to feel this way?

What images or memories do I have in this situation?

Especially for Depression: What does this say about me?

What does this mean about me? My life? My future?

Especially for Anxiety: What am I afraid might happen?

What is the worst thing that could happen if this is true?

Especially for Anger: What does this mean about how the other person feels or thinks of me?

What does this mean about the other person or people in general?

*Circle the hot thought*

## 4. **Evidence that supports the hot thought.**

Write factual evidence to support this:

## 5. **Evidence that does not support the hot thought**

Ask yourself questions to help you find evidence that your hot thought is not 100% true.

## 6. **Alternative or balanced thought**

a) Write an alternative or balanced thought and b) rate how believable this is for you (0-100%)

## 7. **Re-rate your mood (0-100%)**