

Thought and Evidence Worksheet (Thought Record)¹

Situation When? Where? Who? What Happened?	Automatic Thoughts What were you thinking before the feeling	Feelings One-word summaries Rate 0-100%	Evid. For	Evid. Against	Balanced or Alternative Thoughts Rate 0-100%	Re-rate Feelings 0-100%
1	2	3	4	5	6	7

Completed Sample

Situation When? Where? Who? What Happened?	Feelings One-Word Summaries Rate 0-100%	Automatic Thoughts What were you thinking before the feeling?	Evidence For
<i>Promoting Concerts with Business Partners</i>	<i>Anxious (100%) Depressed (95%)</i>	<i>If I get convicted my life will be over.</i>	<i>I will not be able to get a job on the outside.</i>

Evidence Against	Balanced or Alternative Thoughts Rate 0-100%	Re-rate Feelings 0-100%
<p><i>I am still qualified to work as a concert promoter.</i></p> <p><i>Jobs like concert promotion are still open to me if I get convicted and punitively discharged.</i></p> <p><i>I could be retained, in which case I would be administratively discharged under honorable conditions.</i></p>	<p><i>I will have to work hard to get a job if I am convicted, but there are still opportunities open to me.</i></p> <p><i>(92%)</i></p>	<p><i>Anxious (10%)</i></p> <p><i>Depressed (50%)</i></p>

¹ For more information on this form, see MATTHEW MCKAY ET AL., TAKING CONTROL OF YOUR MOODS AND YOUR LIFE: A THOUGHTS AND FEELINGS WORKBOOK 54 (1997); DENNIS GREENBERGER & CHRISTINE A. PADESKY, MIND OVER MOOD: CHANGE HOW YOU FEEL BY CHANGING THE WAY YOU THINK, at Worksheet 7.2 (1995).