Thought Record for Manic Thinking Styles

|  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- |
| Situation | Mood0-100% | Hot Thought | Evidence that supports hot thought | Evidence that does not support hot thought | Alternative thought(Rate extent to which you believe) | RevisitMood0-100% |
| Who?What? Where? | Describe mood in one word.Rate intensity. | Mania-induced thinking:Name the big idea; the impulsive decision; or the thing you fear will happen. |  |  |  |  |
| Plan of Action |
|  |

Examples of Manic Thinking Styles



Source: Dr. Noah Lazar