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| --- | --- | --- | --- | --- | --- | --- | --- |
| Situation | Feelings List(Rate 1 – 10) | Behaviour | Automatic Thoughts(identify most salienthot thought) | Evidence that supports hot thought | Evidence that does not support hot thought | Alternative thought(Rate extent to which you believe) | PresentFeelings(Rate 1 – 10) |
|  |  |  |  |  |  |  |  |