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