

Thought Evaluation

Evaluate your automatic thoughts when a situation occurs and your mood changes (sad, angry, anxious). These automatic thoughts can be difficult to identify, yet this is the goal of the exercise. Your homework is to look for 4 situations over the last 7 days, which caused your mood to shift and to analyze the underlying thoughts. Bring this completed form to your next appointment with Dr. Pejic. Good Luck!

Situation →	Emotion(s) →	Hot Thoughts →	Evidence For →	Evidence Against →	Balanced Thought
List the event that made you emotional: Who? What? When? Use one event per box.	What do you feel? Rate intensity of each feeling 0 to 10	Write down the underlying “hot” thoughts and images that went through your mind just before you started to feel this way?	Write factual information that supports the thought	Write factual information that refutes the thought.	Write an alternative thought that is more balanced.
1					
2					
3					