

7 Column Thought Record

Situation	Feeling/Emotion	Negative Automatic Thought	Evidence for Negative Thought	Evidence against Negative Thought	Alternative, balanced Thought	New Feeling/Emotion
Where were you? What happened?	What did you feel?	What thoughts or images went through your mind?	What evidence is there that supports the negative thought?	What evidence is there that doesn't support the negative thought?	Weighing up the evidence, is there a different, more balanced thought?	How do you feel when you consider the more balanced thought?