

<b>Situation</b> <ul style="list-style-type: none"> <li>• Who</li> <li>• What</li> <li>• When</li> <li>• Where</li> </ul>	
<b>*Emotions (moods)</b> <ul style="list-style-type: none"> <li>• What did you feel? Name the emotion(s)</li> <li>• Rate each emotion and mood (0-100%)</li> </ul>	
<b>Automatic Negative Thoughts (ANT's)</b> <ul style="list-style-type: none"> <li>• What was going through your mind before you started to feel this way? Any other thoughts? Images?</li> <li>• Circle your hot thoughts</li> </ul>	
<b>Behavior</b> <ul style="list-style-type: none"> <li>• Your behavior as a result of your overall mood</li> </ul>	
<b>Evidence(s) supporting the “Hot Thought”</b>	
<b>Evidence (s) that does not support the “Hot Thought”</b>	
<b>Alternative/ Balanced Thought</b> <ul style="list-style-type: none"> <li>• Write an alternative or balanced thought</li> <li>• What is your mood now?</li> </ul>	
<b>After reflection</b> <ul style="list-style-type: none"> <li>• Re-rate the feelings above plus as well as any new feeling(s) and mood in general (0-100%)</li> </ul>	

\* An emotion is temporary and when the emotion lingers it becomes a mood.

\* The brain seeks to make meaning of events; it doesn't take time to verify facts.