

## EXERCISE: Identifying Hot Thoughts

Now you are ready to identify your own hot thoughts. For each of the automatic thoughts you listed on **Worksheet 7.3** on page 60, rate how much (0–100%) this thought alone led you to feel the emotion you marked. Write the rating next to each thought. These ratings will help you decide which one(s) are the hot thought(s). The hottest thought is the one with the highest rating. Do these thoughts help you understand why you had this particular mood? On **Worksheet 7.3**, circle or mark the hot thought(s) for the mood you circled or marked in column 2. If none of the thoughts listed are hot, ask yourself the questions in the Helpful Hints on page 54 again, to try to identify additional automatic thoughts.

The skills taught in this chapter are so important that the chapter ends with a special Thought Record. **Worksheet 7.4** is similar to **Worksheet 7.3**, with the addition of a fourth column in which you can rate the hotness of each automatic thought you identify. Notice the helpful hints and questions at the bottom of column 3, which remind you what information to include in the “Automatic Thoughts” column.

Use **Worksheet 7.4** until you can successfully identify your automatic thoughts and find the hot thoughts connected to your moods. Before you move on to the next chapter, practice this skill until you are comfortable with it. We recommend that you complete **Worksheet 7.4** at least once a day for one week. (We have included four copies of this worksheet here for your convenience.) It is important to be able to identify your hot thoughts and understand the links between your thoughts and moods before you go on to the next steps. Once you can figure out your hot thoughts, then you are ready to read Chapter 8, which teaches you how to evaluate these thoughts and make changes that can lead to more adaptive ways of thinking.

The more Thought Records you do, the faster you will feel better. Doing a Thought Record is not a test. It is an exercise in identifying your thoughts and the thought patterns that are connected to your moods. With continued practice, you will become more skilled in completing Thought Records. As your skill increases, you are likely to feel better and more in control of your life. Once you are skilled at filling out **Worksheet 7.4**, you are ready to begin Chapter 8.

**WORKSHEET 7.4. Identifying Hot Thoughts**

1. Situation	2. Moods	3. Automatic Thoughts (Images)	Rate Hotness of Each Thought
<p>Who were you with?            What were you doing?            When was it?            Where were you?</p>	<p>Describe each mood in one word.            Rate intensity of mood (0–100%).            Circle or mark the mood you want to examine.</p>	<p><b>Answer some or all of the following questions:</b></p> <p>What was going through my mind just before I started to feel this way? (General)</p> <p>What images or memories do I have in this situation? (General)</p> <p>What does this mean about me? My life? My future? (Depression)</p> <p>What am I afraid might happen? (Anxiety)</p> <p>What is the worst that could happen? (Anxiety)</p> <p>What does this mean about how the other person(s) feel(s)/think(s) about me? (Anger, Shame)</p> <p>What does this mean about the other person(s) or people in general? (Anger)</p> <p>Did I break rules, hurt others, or not do something I should have done? What do I think about myself that I did this or believe I did this? (Guilt, Shame)</p>	<p>For each thought in column 3, rate (0–100%) how strong your mood would be based on that thought alone.</p>