

EXERCISE: Helping Linda Arrive at an Alternative or Balanced Thought

In columns 4 and 5, Linda wrote down evidence that supported and did not support her hot thought "I'm having a heart attack." Based on this evidence, write in column 6 of **Worksheet 9.1** a believable alternative or balanced thought that would reduce Linda's fear. If you have difficulty completing this exercise, refer to the Helpful Hints on page 100 for suggestions.

WORKSHEET 9.1. Completing Linda's Thought Record

THOUGHT RECORD

1. Situation Who? What? When? Where?	2. Moods a. What did you feel? b. Rate each mood (0–100%). c. Circle or mark the mood you want to examine.	3. Automatic Thoughts (Images) a. What was going through your mind just before you started to feel this way? Any other thoughts? Images? b. Circle or mark the hot thought.	4. Evidence That Supports the Hot Thought	5. Evidence That Does Not Support the Hot Thought	6. Alternative/Balanced Thoughts a. Write an alternative or balanced thought. b. Rate how much you believe each thought (0–100%).	7. Rate Moods Now Rerate column 2 moods and any new moods (0–100%).
<p>Sunday evening, in the airplane, on the runway, waiting for the plane to take off.</p>	<p>Fear 98%</p>	<p>I'm feeling sick.</p> <p>My heart is starting to beat harder and faster.</p> <p>I'm starting to sweat.</p> <p>I'm having a heart attack.</p> <p>I'll never be able to get off this plane and to a hospital in time.</p> <p>I'm going to die.</p>	<p>My heart is racing.</p> <p>I'm sweating.</p> <p>These could be two signs of a heart attack.</p>	<p>Anxiety can cause a rapid heartbeat.</p> <p>My doctor told me that the heart is a muscle, using a muscle makes it stronger, and a rapid heartbeat is not necessarily dangerous.</p> <p>A rapid heartbeat doesn't mean that I am having a heart attack.</p> <p>I have had this happen to me before in airports, on airplanes, and when thinking about flying.</p> <p>In the past, my heartbeat has returned to normal when I read a magazine, practiced slow breathing, did Thought Records, or thought in less catastrophic ways.</p>		