

EXERCISE: Constructing Your Own Alternative or Balanced Thoughts

On **Worksheet 9.2**, construct alternative or balanced thoughts for the thoughts you have examined on **Worksheet 8.2** in Chapter 8 on pages 88–93. Your alternative or balanced thought(s) will be based on the evidence you gathered in columns 4 and 5 on **Worksheet 8.2**.

Rerate your mood(s) after you have written and rated the alternative or balanced thought. Write the mood(s) and rating(s) in column 7. Is there a relationship between the believability of your alternative or balanced thought and the change in your emotional response?

WORKSHEET 9.2. Thought Record

THOUGHT RECORD

1. Situation	2. Moods	3. Automatic Thoughts (Images)	4. Evidence That Supports the Hot Thought	5. Evidence That Does Not Support the Hot Thought	6. Alternative/Balanced Thoughts	7. Rate Moods Now
<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>Answer one or both of the questions below, and then some or all of the questions (on p. 54) specific to the mood you circled or marked: What was going through my mind just before I started to feel this way? What images or memories do I have in this situation?</p>	<p>Circle hot thought in previous column for which you are looking for evidence. Write factual evidence to support this conclusion. (Try to write facts, not interpretations, as you practiced in Worksheet 8.1 on p. 72.)</p>	<p>Ask yourself the questions in the Helpful Hints (p. 75) to help discover evidence that does not support your hot thought.</p>	<p>Ask yourself the questions in the Helpful Hints in Chapter 9 (p. 100) to generate alternative or balanced thoughts. Write an alternative or balanced thought. Rate how much you believe each alternative or balanced thought (0–100%).</p>	<p>Copy the moods from column 2. Rerate the intensity of each mood (0–100%), as well as any new moods.</p>