

1. SITUATION	2. MOOD	3. AUTOMATIC THOUGHTS AND IMAGES	4. EVIDENCE FOR	5. EVIDENCE AGAINST	6. ALTERNATIVE AND REALISTIC THOUGHTS

1. Situation: Just the facts of the circumstances.
2. Mood: How are you feeling about the situation? Rate the intensity 1-10, with 10 very intense.
3. Automatic Thoughts: Answer some of these questions: What do you think about this situation, why do you feel this way, what worries do you have, what should or should not happen, what are you afraid might happen, what does this say about you or other people, where or when has this happened before.
4. Evidence for: What evidence do you have that proves this line of thinking is right?
5. Evidence against: What evidence do you have that shows this line of thinking is wrong?
6. What is a line of thinking that is in line with reality? Also, answer any of the questions you posed to yourself.

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