

Evaluating Thoughts and Emotions

Directions: When you notice your mood getting worse, ask yourself, "What's going through my mind right now?" and fill out this sheet as soon as possible.

TRIGGERING SITUATION: Where were you? What were you doing? Who were you with?

What EMOTIONS did you feel? <i>Cross out the ones that don't apply; circle the ones that fit.</i>	% Intensity
• Sad , blue, depressed, down, disappointed, unhappy	%
• Anxious , worried, panicky, fearful, scared, nervous, frightened, tense	%
• Guilty , remorseful, bad, ashamed	%
• Inferior , worthless, inadequate, defective, incompetent	%
• Lonely , unloved, unwanted, rejected, alone, abandoned	%
• Embarrassed , foolish, humiliated, self-conscious	%
• Hopeless , discouraged, pessimistic, despairing	%
• Frustrated , stuck, thwarted, defeated	%
• Angry , mad, resentful, annoyed, irritated, upset, furious	%

THOUGHTS: What Negative Automatic thoughts (or images) went through your mind?

Evidence that supports the thought

What makes you believe the thought is true?
What facts support the truthfulness of this thought or image?

Evidence that does NOT support the thought

What experiences indicate that this thought is not completely true all of the time? If my best friend had this thought, what would I tell them? Are there any small experiences which contradict this thought? Could I be jumping to conclusions?