

# Thought Record

<b>SITUATION</b>  What were you doing? When was it? Where were you?	<b>FEELING/ EMOTION</b>  (e.g. sad, anxious, angry, guilty, etc.)	<b>THOUGHT</b>  What was going through your mind?	<b>EVIDENCE THAT SUPPORTS THE MAIN THOUGHT</b>	<b>EVIDENCE AGAINST THE MAIN THOUGHT</b>	<b>ALTERNATIVE THOUGHT</b>  Is there a more accurate way to think about the situation?