

Situation – Where were you?	Emotion – What did you feel? How intense? (%)	Thought – Rate your belief (%)	Evidence for this thought.	Evidence against this thought.	Balanced, alternative thought	Emotion
What happened before the change in emotion?	Sadness, fear, anger, etc.	e.g., What went through my mind? What does this mean to me? What would be the worst thing about this?	Think about the quality of the evidence you provide – Is it fact or just opinion?	Think about the quality of the evidence you provide – Is it fact or just opinion?	What could be a more balanced way of thinking about this?	How does the alternative thought make you feel?