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| *Thought and Evidence Journal* | | | | | | |
| **Situation**  When? Where? Who? What happened? | **Feelings**  One-word summaries. Rate 0-100 | **Automatic Thoughts**  What you were thinking just before and during the unpleasant feeling. | **Evidence For** | **Evidence Against** | **Balanced or Alternative Thoughts** Circle possible action plans. | **Re-rate Feelings**  0-100 |
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