

## Thought Record, Part 2

Date	Situation	Automatic Thoughts	Emotions	Rating	Rational or Alternative Response	Outcome
<i>(Give today's date.)</i>	<i>(Provide a brief description of what's going on.)</i>	<i>(List your stream of automatic thoughts.)</i>	<i>(Identify all your emotions and feelings.)</i>	<i>(Rate how powerful your emotions are on a scale from 1 to 10.)</i>	<i>(Write a truthful alternative to the automatic thoughts.)</i>	<i>(Re-rate your emotions after giving the rational response.)</i>