

PART 2: Balancing Unhelpful Thoughts: *using a diary* (adapted from: Greenberger & Padesky 1995)

Identify the 'hot' or troublesome thought: _____

<p>List the factual evidence that supports the hot thought.</p>	<p>List the evidence that does NOT support the hot thought. <i>Try using the questions at the bottom of this sheet.</i></p>	<p>Write an alternative or balanced thought. Rate how strongly you believe each alternative or balanced thought: 0 – 100</p>	<p>What was the effect of working through this process? Re-rate your initial feeling: 0 – 100 Re-rate how strongly you now believe your initial thoughts: 0 – 100 How do you feel now?</p>

Examples of questions to help find evidence that does NOT support the 'hot' thought:
 Have I had any experiences that show that this thought is not completely true all the time? If my best friend or someone I care about had this thought, what would I say to them? If my best friend knew I was thinking this way, what would they say to me? What evidence would they point out to suggest that my thoughts were not 100% true? What has actually happened in similar situations before? Are there any small things that contradict my thoughts that I might be discounting as not important? Am I jumping to conclusions?