<table>
<thead>
<tr>
<th>Situation</th>
<th>Feelings</th>
<th>Automatic Thoughts</th>
<th>Evidence that supports the hot thought</th>
<th>Evidence that does not support the hot thought</th>
<th>Alternative/Balanced Thoughts</th>
<th>Rate moods now</th>
</tr>
</thead>
</table>

Adapted from “Mind over Mood”. Dennis Greenburger, Christine A. Padesky.