

Thought and Evidence Journal

Situation <i>When? Where? Who? What happened?</i>	Feelings <i>One-word summaries Rate 0-100</i>	Automatic thoughts <i>What were you thinking just before and during the unpleasant feeling?</i>	Evidence for	Evidence against <i>Circle possible action plans.</i>	Balanced or alternative thoughts <i>Rate believability 0-100%</i>	Rerate feelings <i>0-100%</i>

Source: *Thoughts and Feelings (Fifth Edition)* by McKay, David & Fanning. New Harbinger Publications: 2021