

Five-Column Thought Record-Mood

Situation Describe the people, place, or thing that led to the negative mood.	Thought Write down any automatic thoughts (or self-talk) you had about using.	Feeling What feeling(s) did you experience? (Rate on a 0-100 scale)	Alternative, Realistic Thought Use the questions to come up with a more balanced, realistic thought	Outcome Re-rate the intensity of the feeling listed in Column 3 or list a new feeling you are experiencing.