Thought Catcher

Situation	***Feelings: List them Rate them 0-100***	***Automatic Thoughts***	***Evaluate the Thoughts***	***Alternative Thoughts or Adaptive Response***	***Rate Feelings Now***
Date: Time: Place: What happened:		What was going through my mind just then? Drill down questions: "If that were really true, what about it would bother me? What would it mean to me?"	Traps: Proof for: Proof against::	I could have thought... I could have done...	

Adapted from: J. Beck (1995, p. 132); Padesky & Greenberger (1995, p. 84-85); Beck et al. (1979, p. 288)