

Next Actions (Based on the Evidence & New Thoughts)	Date Done	Outcome
- Practice Mindfulness - Use handout "Choosing Next Actions" from the <i>Mindful Mood Workbook</i>		



- Practice Mindfulness
 - Use handout "Choosing Next Actions" from the *Mindful Mood Workbook*

Situation: _____
 (Who, where, when, what, <30 minutes)

Most Troubling Thought: _____

Body & Mood (Body Sensations & Emotions)	Mind / Automatic Thoughts (Thoughts, Images, Memories)	Evidence For	Evidence Against	New Thoughts (Based on the Evidence, For & Against)	Body & Mood (Body Sensations & Emotions)
<ul style="list-style-type: none"> - Practice Mindful Body Awareness - Rate - Practice Mindful Mood Awareness - One word for emotions - Rate 	<ul style="list-style-type: none"> - Practice Mindful Awareness of Thinking - Use "Uncovering Automatic Thoughts" in Mindful Mood Workbook - Circle "Most Troubling Thought" - See "Choosing the Most Troubling Thought" in Mindful Mood Workbook 	<ul style="list-style-type: none"> - Practice Awareness of Thinking - Use "Discovering Evidence Against the Most Troubling Thought" in Mindful Mood Workbook - Just the facts 		<ul style="list-style-type: none"> - Use "Creating New Thoughts" in Mindful Mood Workbook. - Rate Believability 	<ul style="list-style-type: none"> - Practice Mindful Body & Mood Awareness - Re-rate - Add & rate new Body Sensations & Emotions