



Mini Thought Record: What's the evidence?

The Mindful Mood Workshop

Most Troubling Thought? _____

Evidence

For	Against	New Thought	Next Action

Creating New Thoughts:

Balanced Thought: Summarize evidence in "For" column, summarize evidence in "Against" column, link the two statements with "AND".

Reality Thought: Ask: If the most troubling thought is true, what's the worst outcome, what's the best outcome, and then, what's the most realistic outcome? The 'New Thought' will be the realistic outcome which will lie somewhere towards the middle of the continuum of worst and best.

Third Person Thought: What would someone I trust say? Or, what would I say to a good friend in this situation?

Future Perspective Thought: What would I say if I were looking back on this situation from 20 years in the future?

Some parts of this worksheet are adapted from Mind Over Mood by Dennis Greenberger and Christine A. Padesky. Copyright 1995 The Guildford Press