

RATIONALISE YOUR THOUGHTS

A template to explore and recognise your minds processes when dealing with intense thoughts and emotions.

Situation

What happened and what were you doing in the moment?

Automatic thoughts

What exactly were you thoughts at the time? How strongly did you believe your thoughts? (0-10)

Emotions

What were you feeling? What emotions? How intense would you rank the emotion (1-10)

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Alternative thought(s)

What evidence is there that the automatic thought is true?
Could there be an alternative explanation?

Outcome

How much do you believe in the original automatic thought now (0-10)? How do you feel now (0-10)? What can you do now?