Cooling down thoughts that make you feel bad.

Part One: Identifying your hot thought

How bad are you feeling? (100 is as bad as you could ever be, 0 is not bad at all.)

What has happened to make you feel this way?

What thoughts are going through your mind to make you feel this way? Write down any thoughts you can ‘catch’, here.

Of the thoughts that you have written down, which is the ‘hot’ thought ... the very worst one? Put an X by it, above.

Continued Overleaf
Part Two: Cooling it Down

What is the evidence for the hot thought you have put a cross by?  
Tip: stick to actual facts. (What you think might happen is not fact.)

What is the evidence against the hot thought you have identified? (Again, stick to the facts.)

Overall then, considering the evidence for and against, what would be a fairer, more balanced way of looking at it?

Rate how bad you feel now. (As before, 100 is as bad as ever you could be, 0 is not bad at all.)

© Copyright William Davies, 2013.