

Appendix XII

Thought Evaluation Sheets

Alternative Thoughts

Date	Situation <i>Where were you? Who was there? What were you doing? When?</i>	Emotion(s) <i>What did you feel at the time? How strongly did you feel it? (0-10)</i>	Negative automatic thoughts and/or images (NATs) <i>How strongly do you believe the thought? (0-10)</i>	Alternative thoughts/images <i>What are your new balanced thoughts and/or images? How strongly do you believe them? (0-10)</i>	Outcome <i>1. Re-rate NAT 2. Re-rate emotions (0-10)</i>

Evidence For and Against

Date	Situation Where were you? Who was there? What were you doing? When?	Emotion(s) What did you feel at the time? How strongly did you feel it? (0–10)	Thought(s) and/or image(s) How strongly do you believe the thought? (0–10)	Evidence for the thought What direct evidence do you have to support it?	Evidence against the thought What direct evidence do you have against it?	Alternative (balanced) thought(s) Rate how strongly you believe this alternative (0–10)

OCD

Date	Situation Where were you? Who was there? What were you doing? When?	Emotion(s) What did you feel at the time? How strongly did you feel it? (0-10)	Intrusive thought(s)/ image(s) What went through your mind?	Appraisal of intrusive thought/image (NAT) What did you think about having had the intrusive thought? How strongly did you believe it? (0-10)	Alternative thoughts about intrusive thought What are your new balanced thoughts/ images? How strongly do you believe them? (0-10)?	Outcome 1. Re-rate NAT 2. Re-rate emotions

Thinking Biases

Date	Situation Where were you? Who was there? What were you doing? When?	Emotion(s) What did you feel at the time? How strongly did you feel it? (0–10)	Negative Automatic Thoughts and/or images How strongly do you believe the thought? (0–10)	Thinking bias Does the thought seem to fit into any of the thinking bias categories? (see thinking bias sheet)	Alternativethoughts/ images What are your new balanced thoughts and/or images? How strongly do you believe them? (0–10)	Outcome 1. Re-rate NAT 2. Re-rate emotions