

Situation · reference list

QUICK-REFERENCE LIBRARY

- NORA MARKARIAN, LMHC-D, NCC 1 / 2

Situation

Thought Record · reference list

QUICK-REFERENCE LIBRARY

- Situation describe what happened using neutral language

Emotions

(rate /10)

Automatic

Thoughts

What first came to mind?

Evidence that

supports the

thoughts
- Evidence that

doesn't support

the thoughts

Alternative/

Balanced thoughts reference thought challenging

sheet

Emotions

now (/10)