Thought Catcher

Situation	Feelings: List them Rate them 0-100	Automatic Thoughts	Evaluate the Thoughts	Alternate Thoughts or Adaptive Response	Rate Feelings Now
Date:		What was going through my mind just then?	Mind Traps (see <u>handouts</u>):	I could have thought	
Time:					
Place:					
What happened:			Proof for:		
				I could have done	
			Proof against:		
Dr. R. Stevens, Psycholo		Drill down questions: "If that were really true: 1. what about it would bother me? 2. what would it mean to me?"		79 n 288): J. Beck (1995 n 132): Greenherd	