Thought Catcher

Situation	*Feelings: List them Rate them 0-100*	*Automatic Thoughts*	*Evaluate the Thoughts*	*Alternative Thoughts or Adaptive Response*	*Rate Feelings Now*
Date: Time: Place: What happened:		What was going through my mind just then?	Traps: Proof for: Proof against:	I could have thought... I could have done...	

Adapted from: J. Beck (1995, p. 132); Padesky & Greenberger (1995, p. 84-85); Beck et al. (1979, p. 288)