

<b>What was I doing at the time</b>	<b>How did it make me feel? (score mood between 0-100)</b>	<b>What was the negative automatic thought?</b>	<b>What is the evidence that this thought is correct?</b>	<b>Give at least one more rational explanation for this thought</b>	<b>How do I feel now? (score mood between 0-100)</b>