
Identifying hot thoughts, and cooling them down

Part One: Identifying your hot thought

How distressed are you? (Rate out of 100, where 100 is as distressed as ever you could be in your life, 0 is no distress at all.)

The Trigger (What has triggered the way you're feeling? What has happened?)

What thoughts are going through your mind? What is the worst thing that could happen? What might end up happening?

Of the thoughts that you have listed above, which is the 'hot' thought..... the one that is really causing you distress? Put an X by it, above.

Part Two: Cooling it down

What is the evidence for the hot thought you have identified? (stick to the actual evidence, facts. What you think might happen is not fact.)

What is the evidence against the hot thought you have identified? (Again, stick to the actual evidence.)

Overall then, considering the evidence for and against, what would be a fairer, more balanced way of looking at it?

Rate how distressed you are now. (As before, 100 is as distressed as ever you could be in your life, 0 is no distress at all.)