

Date	Situation	Automatic Thought & rate from 0 to 100 % how strongly you believe that thought	Automatic Feeling & rate from 0 to 100 % how strongly you feel that emotion	Outcome

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File Name: Thought Monitor

Mistaken Thought	Alternative Thought & rate from 0 to 100 % how strongly you believe that thought	Alternative Emotion & rate from 0 to 100 % how strongly you feel that emotion	Alternative Outcome

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