

Changing your Thinking About Sleep

Situation	Mood	Thoughts	Evidence that the thought is true	Evidence that the thought is not true	Alternative thought	Rate mood now
<p>What was the situation in which you were started thinking about sleep?</p>	<p>Describe mood in one word and rate the intensity (0-100%)</p>	<p>What were you thinking about? Circle the thought that bothers you the most.</p>	<p>Write why you think the circled thought is true, but stick to factual evidence only.</p>	<p>Write down why the circled thought might not be true.</p>	<p>Considering the evidence for and against the thought, write an alternative, more helpful thought.</p>	<p>What is your mood now and how intense is the mood?</p>