

### Rational Response Form

Our thoughts make or break our lives. Some thoughts (we'll call them 'hot thoughts') force us to avoid doing things that can make our lives better. This form will help you prepare rational responses to the hot thoughts that limit your life. You and your therapist will work on this form together; then you'll take it home with you so that you can review, rehearse, and then go for it!

1	Hot Thought:
2	Effect of Hot Thought
3	How true is the hot thought from 0 (false) to 100 (always true):
4	Rational Responses
5	Possible opposite actions
6	How true is the hot thought from 0 (false) to 100 (always true):