

## Thought Record

**Note:**

For use with Chapters 5-12 (Sessions 4-11), a blank Thought Record can be printed from [www.MindOverMood.com](http://www.MindOverMood.com) or from the book *Mind Over Mood* by Dennis Greenberger and Christine A. Padesky. © 1995 The Guilford Press. 7-Column Thought Record © 1983 Christine A. Padesky, [www.MindOverMood.com](http://www.MindOverMood.com)

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