

Balanced Thought Builder

Date: _____

Old Thought (verbatim):

Extreme Phrases Removed or Rewritten:

Contrasting Fact (evidence from CR2):

Perspective Cue (e.g., Even though...):

Next Step (small action in 24 hrs):

Final Balanced Thought (140 characters):

Believability Rating (0-100%):

Mood Rating - Before (0-10):

Mood Rating - After 1 Minute (0-10):
