

FIGURE 7-Automatic Thought Record

Date/Time	Situation	Automatic Thought	Emotion
	What thought or actual situation led to unpleasant emotion?	What thought went through your mind?	What emotions (sad, anxious, angry, loneliness) did you feel at the time?
	What distressing physical sensations?	How much do you believe it?	How intense? (0-100%)

Alternative Response	Answer	Alternative Response	Answer
What cognitive distortion? All-or nothing, mind reading, catastrophizing		What's the effect of believing the automatic thought?	
What is the evidence that the automatic thought is true?		What could be the effect of changing my automatic thought?	
What evidence that it is not true?		What could I do about it?	
Is there an alternative explanation or outcome?		What would I tell a friend to do about it? What would he/she tell me to do?	
What is the worst that could happen?		<u>Outcome</u>	
Could I live through it?		How much do I believe the automatic thought?	
What is the best that could happen?		What emotions do I feel? How intense? (0-100%)	
What is the most realistic outcome?		What will I do?	