

## Automatic Thought Record Form

<b>Date/Time</b>	<b>Situation</b>	<b>Automatic Thought(s)</b>	<b>Emotion(s)</b>	<b>Adaptive response</b>	<b>Outcome</b>
	<ol style="list-style-type: none"> <li>1. What actual event or stream of thoughts, or daydreams or recollection led to the unpleasant emotion?</li> <li>2. What (if any) distressing physical sensations did you have?</li> </ol>	<ol style="list-style-type: none"> <li>1. What thought(s) and/or image(s) went through your mind?</li> <li>2. How much did you believe each one at the time?</li> </ol>	<ol style="list-style-type: none"> <li>1. What emotion(s) (sad/anxious /angry/etc.) did you feel at the time?</li> <li>2. How intense (0-100%) was the emotion?</li> </ol>	<ol style="list-style-type: none"> <li>1. (optional) What cognitive distortion did you make?</li> <li>2. Use questions at bottom to compose a response to the automatic thought(s).</li> <li>3. How much do you believe each response?</li> </ol>	<ol style="list-style-type: none"> <li>1. How much do you now believe each automatic thought?</li> <li>2. What emotion(s) do you feel now? How intense is the emotion?</li> <li>3. What will you do (or did you do)?</li> </ol>
9/26/11	<p>Received a letter concerning some unresolved legal matters that are set to take place next month.</p> <p>I began to feel like I was getting sick and my stomach started hurting and started to get a headache.</p>	<p>I kept thinking that this would turn out bad and be another long ordeal and that once again I would have to face the press again.</p> <p>I truly believed this at the time.</p>	<p>I felt aggravated and frustrated that this was happening now.</p> <p>60%</p>	<p>I believe I had the cognitive distortion of Jumping to conclusions in that I anticipated that things will turn out badly, even though I had no evidence of such.</p> <p>I have recently gone through some of the same things and have come out well on every occasion. There was an alternative explanation in that this occurred after my trial and only happened as a direct result of incidents uncovered in the trial. The worse thing that could happen is I could lose my certification but the chances and almost impossible. By believing my automatic thoughts I caused myself a lot of undue stress and by changing my thinking I found the incident was somewhat funny and less stressful. If a friend was in the</p>	<p>As of now I don't believe my first automatic thought at all.</p> <p>I feel relieved and confident. The emotion is not as intense as it has taken a back seat to other day to day activities.</p> <p>I contacted the certification board and my attorney and they communicated between the two.</p>

<p>9/28/2011</p>	<p>Started working on some homework from school and realized there was so much.</p> <p>I felt tired and started to get a headache and was unable to focus on my task at hand.</p>	<p>I started thinking I would never get this done and I will end up falling behind.</p> <p>I didn't really believe this too much as I knew I still had plenty of time to work on it.</p>	<p>I felt displeased and worn out.</p> <p>40%</p>	<p>same situation I would have told him or her not to worry about the situation as it was clearly as last ditch effort to save some pride on the part of other individuals and there was no way he could lose.</p> <p>I truly believe this.</p> <p>Once again I believe I was jumping to conclusions as I was assuming that I would not get the work done and would fall behind.</p> <p>There was no evidence that my automatic thought was true. After looking at my workload I realized that this next two weeks I had a little more work and it would not usually be this much so this week was going to be harder than most. The worst thing that could happen is that I would not get my work done on time and get a bad grade. I don't think it would case me to fail the class so I could live with it. The best thing that could happen is that I get it all done and make a good grade. The most realistic outcome is that I will get it done and do ok on it. In believing my automatic thoughts I forced myself to lost time doing my homework and took my focus away from what I was doing. By changing my thinking I can concentrate on the task at hand and finish one assignment at a time. I should work to get one thing done at a time and use little milestones to complete my task. If I had a friend in the same situation I would have told</p>	<p>I now do not believe my automatic thoughts and believe I will get the work done just have to spend more time on it.</p> <p>I now feel optimistic that I will get everything done. I strongly feel this is true.</p> <p>I will do as much as possible and then when I feel overwhelmed I'll take a break and then start back later.</p>
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<p>9/30/11</p>	<p>My daughter came home with her spelling test and didn't do too well on it. When I checked her backpack she also had a lot of homework to complete before going back to school Monday.</p> <p>I began to feel angry and started pacing around the living room.</p>	<p>I began to think that I had failed in working with her on her spelling test and that I was too preoccupied with my own schooling and needed to be more focused on hers. I also began to think to myself that this weekend would be full of homework so no personal time would be able to be spent with each other.</p> <p>I completely believed this at the time</p>	<p>I began to feel helpless and frustrated.</p> <p>95%</p>	<p>them to complete one assignment at a time and not stress over it.</p> <p>I truly believe this is the case.</p> <p>Cognitive distortion- Filtering, I am seeing a single event and dwelling on it exclusively so that my vision of reality becomes darkened or distorted. The evidence that the automatic thought is true is that she made a bad grade on her spelling test and that she had a lot of homework to complete. The alternative explanation is that that the last few weeks have been really busy and not much time was really spent on school work that week. The worst thing that could happen is that her grade would drop and that we will not be able to spend "family time" together on the weekend which is our normal routine. I could live with us not having as much time together this weekend as we usually do. The best thing that could happen is that we will still be spending time together even if it is doing school work and that her next spelling text will improve. The most realistic outcome is that we will get the work done but not have "fun time" but her next spelling test will also improve. The effect of believing my automatic thought is that I looked at spending time doing homework as a negative thing instead of realizing that it's still quality time together. By changing my thinking I would be able to realize that any time</p>	<p>I now do not believe my automatic thought and realize there were a lot of outside factors that played into the outcome of her school last week.</p> <p>I now feel appreciative and thankful that I got to spend time with her even though it was not the circumstances I wanted. These emotions are very intense as we actually had fun while doing the work.</p> <p>We worked on her school work but made sure we took little breaks to cool off and ease our minds of all the work we were doing.</p>
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<p>9/30/11</p>	<p>Looked at my grades online and saw that I had failed as assignment.</p> <p>Began to feel as though nothing was going right and now this will cause me more problems. I began to get another headache and felt as if I was having high blood pressure.</p>	<p>I started thinking that I had worked really hard and still failed the assignment so there was no use in trying on the rest of my work. I felt as if I was not smart enough to pass the class and that I had too much other stuff going on to be stressing out about this.</p> <p>I completely believed this at the time.</p>	<p>I felt aggravated and furious but at the same time I felt disappointed for not doing so well.</p> <p>60%</p>	<p>spent together is better than not having that time together. I should be happy just having time together and concentrate on improving her next spelling test. If I had a friend in the same situation and thought like I did I would tell them to be grateful for anytime they get to spend with their children no matter what they are doing.</p> <p>Cognitive distortion- Control Fallacies. I believed that the quality of work I completed was good but that the course was just too demanding.</p> <p>The proof that my automatic thought was true was that I could look online at my grades. The alternative explanation is that we had just started the semester and this was a learning exercise so maybe they graded it a little harder than most. The worse thing that could happen would be that I would receive a bad grade for the course and have to drop the class. I could live through this although it would be burdensome. The best thing that could happen would be that I would be able to get a chance to redo the assignment or gain some extra credit on something else. The most realistic outcome would be that I will still pass the class but that my grade will suffer.</p> <p>The effect of believing in my automatic thought was that it caused me to lose focus on other aspects of my life but forced me to look at alternatives to avenues I could potentially take. If I changed my thinking then it could lead</p>	<p>I still believe my automatic somewhat but not as much as I did.</p> <p>I now feel leery and hesitant about future work, although these emotions are not really intense.</p> <p>I will try and spend a little more time on the assignments and try and see if I can produce a better product before turning it in.</p>
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<p>10/5/2011</p>	<p>Woke up several times during the night and could not go back to sleep. When I tried to go to sleep I would keep having reoccurring images pop into my head that prevented me from sleeping.</p> <p>I was tired and my eyes were heavy. I was also sweating at the times I would lay down and close my eyes. I also began to get cold chills but was burning up from being hot.</p>	<p>I had images going through my mind of incidents that had taken place in the past. I also started smelling odors that brought back images when I shut my eyes.</p> <p>I didn't believe any of the thoughts at the time but they still kept me from sleeping and had me concentrating on other things from the past.</p>	<p>I felt numb and regretful.</p> <p>40%</p>	<p>me to understand that at least now I know what to expect and how the assignments will be graded. If I had a friend that was going through this situation I would advise them to go and talk to the professor about possibly making the assignment up of seeing if there was any way of improving their grade.</p> <p>Cognitive distortion- Filtering There was no evidence that my automatic thoughts were reality but were just memories. The alternative explanation would be that I have a lot going on and am stressed and this brought up old memories. The worst thing that could happen would be that I would lose some sleep and feel tired, which I could live with. The best thing that could happen is that I could get my prescription refilled and sleep better. This is a realistic settlement in that I have an appointment scheduled and finally have time to go. The effect of believing my automatic thought is sleepless nights and feeling tired the next day. This causes me to be distorted and not think straight which could also hinder my schooling. By changing my thinking I will be able to concentrate more on things that I need to accomplish now. I will attend my doctor appointment and renew my meds. If I had a friend that was going through the same situation I would tell him to do the</p>	<p>I do not believe my automatic thought on this situation. Although at the time I did not think the situation was real and knew it was a dream the odors, which were a figment of my imagination still brought back the thoughts.</p> <p>Although the emotion was only felt right upon waking up I now look back on it and I realize that each time this happens I know it's a dream but just appears real until I wake up. I still have the emotion (images) in my mind from the dream but they don't cause me any distress while awake.</p> <p>I have a doctor apt. scheduled which has taken months to get and I</p>
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same and get some sleeping meds.

am getting a refill on my sleeping medicine which blocks someone from entering the deep sleep required to dream so in turn you don't have the dreams.

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Questions to help compose an alternative response:

- (1) What is the evidence that the automatic thought is true? Not true?
- (2) Is there an alternative explanation?
- (3) What's the worst that could happen? Could I live through it? What's the best that could happen? What's the most realistic outcome?
- (4) What's the effect of my believing the automatic thought? What could be the effect of my changing my thinking?
- (5) What should I do about it?
- (6) If \_\_\_\_\_ [friend's name] was in the situation and had this thought, what would I tell him/her?