

## 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>