

Automatic Thought Record Form

Date/Time	Situation	Automatic Thought(s)	Emotion(s)	Adaptive response	Outcome
	<p>1. What actual event or stream of thoughts, or daydreams or recollection led to the unpleasant emotion?</p> <p>2. What (if any) distressing physical sensations did you have?</p>	<p>1. What thought(s) and/or image(s) went through your mind?</p> <p>2. How much did you believe each one at the time?</p>	<p>1. What emotion(s) (sad/anxious /angry/etc.) did you feel at the time?</p> <p>2. How intense (0-100%) was the emotion?</p>	<p>1. (optional) What cognitive distortion did you make?</p> <p>2. Use questions at bottom to compose a response to the automatic thought(s).</p> <p>3. How much do you believe each response?</p>	<p>1. How much do you now believe each automatic thought?</p> <p>2. What emotion(s) do you feel now? How intense is the emotion?</p> <p>3. What will you do (or did you do)?</p>