

Automatic Thought Record

If you have noticed some distorted thinking in yourself, you know that it can be distressing and difficult to address. The good news is that it is absolutely possible to identify, understand, and correct our faulty ways of thinking, and that's exactly what this worksheet will help you do.

Date/ Time	Situation	Automatic Thought(s) That Occurred	Emotion(s) You Felt	Your Response	A More Adaptive Response	Intensity of Automatic Thought(s)

Instructions:

1. Write down the date and time of the situation.
2. Describe the situation. Ask yourself what led to this event, and what caused the unpleasant feelings you are experiencing.
3. Write down the automatic negative thoughts that came up. Note the thoughts and images that arose and note how much you believed these thoughts on a scale from 1 (did not believe at all) to 10 (believed completely).
4. Identify the emotions that were running through your mind along with the thoughts and images. Thoughts have a more structured feel (e.g., "I'm a failure") while emotions are generally wordless (e.g., feeling inadequate or ashamed). Rate each emotion's intensity on a scale from 1 (barely felt it) to 10 (completely overwhelming).
5. Describe your response. Note which cognitive distortions or faulty thinking styles you were employing at the time. Think about what your worst-case scenario is in this situation. Rate how likely you think the worst-case scenario is on a scale from 1 (not at all likely) to 10 (extremely likely).
6. Come up with a more adaptive response. Note the evidence that your automatic thoughts are correct, and consider the possibility of other outcomes. Write down the best-case scenario to counter the worst-case scenario, then come up with a "most realistic" scenario. Rate the likelihood of the most realistic scenario on a scale from 1 (not at all likely) to 10 (extremely likely).
7. Afterwards, think about the outcome of the event. Do you feel the same as before you challenged your automatic thought? Do you still believe your automatic thought(s) just as much, or are you considering the more positive or more likely scenarios? Think about how you felt before and how you feel now. Rate the intensity of the automatic thoughts now.

Note: You may need more paper to complete an entry, and that's okay!