



Directions: When you notice your mood getting worse, ask yourself, “What’s going through my mind right now?” And as soon as possible jot down the thought or mental image in the Automatic Thought column.

| Date/Time | Situation | Automatic Thought(s) | Emotion(s) | Adaptive response | Outcome |
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| | 1. What actual event or stream of thoughts, or daydreams or recollection led to the unpleasant emotion? 2. What(if any) distressing physical sensations did you have? | 1. What thought(s) and/or image(s) went through your mind? 2. How much did you believe each one at the time? | 1. What emotion(s) (sad/ anxious/angry/etc.) did you feel at the time? 2. How intense (0-100%) was the emotion | 1. (Optional) What cognitive distortion did you make? 2. Use questions at bottom to compose a response to the automatic thought(s). 3. How much do you believe each response? | 1. How much do you now believe each automatic thought 2. What emotion(s) do you feel now? How intense (0-100%) is the emotion? 3. What will you do (or did you do)? |
| Friday 2/23 10 A.M. Tuesday 2/27 12 P.M. Thursday 2/29 5 P.M. | -Talking on the phone with Donna -Studying for my exam. -Thinking about my economics class tomorrow -Noticing my heart beating fast and my | -She must not like me any more. 90% -I'll never learn this. 100% -I might get called on and I won't give a good answer. 80% -What's wrong with me? | -Sad. 80% -Sad. 95% -Anxious. 80% -Anxious. 80% | | |

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| | trouble concentrating | | | | |
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Questions to help compose 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?