

AUTOMATIC THOUGHT RECORD

| SITUATION / TRIGGER | EMOTION | UNHELPFUL AUTOMATIC THOUGHT | CATEGORIZATION | EVALUATION TOOLS | RATIONAL RESPONSE | EMOTION AFTER |
|------------------------------------|---|--|---|---|--|----------------|
| What? Where? Who? When? How? | Intensity? Body location? Duration | What thought came to your mind which made you feel this? | Use "Unhelpful Automatic Thoughts List" | Evidence for/against; Likelihood? Helpful? Can you control this? Are you making progress? | Realistic; helpful response. Focus on likelihood and what is in your control | Intensity now? |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |

AUTOMATIC THOUGHT RECORD

| SITUATION / TRIGGER | EMOTION | UNHELPFUL AUTOMATIC THOUGHT | CATEGORIZATION | EVALUATION TOOLS | RATIONAL RESPONSE | EMOTION AFTER |
|------------------------------------|---|--|---|---|--|----------------|
| What? Where? Who? When? How? | Intensity? Body location? Duration | What thought came to your mind which made you feel this? | Use "Unhelpful Automatic Thoughts List" | Evidence for/against; Likelihood? Helpful? Can you control this? Are you making progress? | Realistic; helpful response. Focus on likelihood and what is in your control | Intensity now? |
| | | | | | | |
| | | | | | | |
| | | | | | | |
| | | | | | | |