

Automatic Thought Record

When you notice your mood getting worse, ask yourself, “what’s going through my mind right now?” As soon as possible, fill in the table below.

Date/Time	Situation	Automatic Thoughts (ATs)	Emotion(s)	Adaptive Response	Outcome
	What lead to the unpleasant emotion? What distressing physical sensations did you have?	What thoughts/images went through your mind? At the time, how much did you believe the thoughts (0-100%)?	What emotions did you feel at the time? How intense was each emotion (1-100)	Which thinking styles did you engage in? Use the questions below to respond to the ATs How much do you believe each response (0-100%)	How much do you now believe your ATs (0-100%)? What emotions do you feel now? At what intensity (0-100)?

Questions to compose an Adaptive 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 can happen? What’s the best that can happen? What’s the most realistic outcome? **4)** If a friend were in this situation and had this thought, what would you tell him/her?