

Date/Time:

Situation:

Automatic thought(s): (if there is more than one circle the hottest thought and work on it first)

Emotions

(1) name the emotion (2) rate its intensity on a scale from 1 = a trace to 100 = the most intense possible

Evaluation

(1) Use the questions below to evaluate your response to the automatic thought

(2) Rate how much you believe each response (1 = I don't believe it to 100 = I believe it 100%).

1. Is there an alternative way of viewing this?
2. What's the worst that could happen? Could I live through it? How likely is it?
3. What's the best that could happen? What's the most realistic outcome?
4. What is the effect of thinking this way? Are my thoughts helpful?
5. What is the evidence for the thought? What is the evidence against the thought?
6. How might others see this situation?
7. What could be the effect of changing my thinking?

8. If a good friend was in this situation what would I tell him or her?

9. How important will this seem when I'm 80?

10. Am I falling into any thinking traps?

Outcome:

(1) What emotion do you feel now?

(2) Rate its intensity.

Further action:

Things to remember

Things to do next time