

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	Emotion	Adaptive Response	Outcome
	<ul style="list-style-type: none"> • What led to the unpleasant emotion? • What distressing physical sensations did you have? 	<ul style="list-style-type: none"> • What thought/s or image/s went through your mind? • How much did you believe the thought at the time (0-100%)? 	<ul style="list-style-type: none"> • What emotion/s did you feel at the time? • How intense was the emotion (0-100%)? 	<ul style="list-style-type: none"> • Which thinking styles did you engage in? • Use questions below to respond to the automatic thoughts/s. • How much do you believe each response (0-100%)? 	<ul style="list-style-type: none"> • How much do you now believe your ATs (0-100%)? • What emotion(s) do you now feel? At what intensity?

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 could happen? What’s the best that could happen? What’s the most realistic outcome? (4) If a friend were in this situation and had this thought, what would I tell him/her?