AUTOMATIC THOUGHT RECORD

THE SITUATION
What happened?

MY FEELINGS/EMOTIONS
How intense are your feelings?
(Rate 0-10)

**AUTOMATIC NEGATIVE
THOUGHTS**
How true do you feel these
thoughts to be?

**EVIDENCE SUPPORTING
MY NEGATIVE THOUGHTS**

**EVIDENCE OPPOSING MY
NEGATIVE THOUGHTS**

ALTERNATIVE THOUGHTS
What could you say instead?

HOW AM I FEELING NOW?
Rate the emotions you first had
 (0-10)

**HOW TRUE DO I THINK MY
NEGATIVE THOUGHTS ARE NOW?**
(Rate 0-100%)

AUTOMATIC THOUGHT RECORD

THE SITUATION
What happened?

I missed a work deadline that I had planned to complete today.

MY FEELINGS/EMOTIONS
How intense are your feelings?
(Rate 0-10)

Frustrated, anxious, self-critical 8/10.

AUTOMATIC NEGATIVE THOUGHTS
How true do you feel these thought to be?

"I always miss deadlines." "I am unreliable, and my team can't depend on me." "My boss will be disappointed in me." 100% True

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EVIDENCE SUPPORTING MY NEGATIVE THOUGHTS

"This is not the first time I have been late submitting something." "I had extra time to finish, but I still didn't complete it." "I had to ask for an extension before."

EVIDENCE OPPOSING MY NEGATIVE THOUGHTS

"I met all my other deadlines this month on time." "The workload this week was unexpectedly high, making it difficult to meet this deadline." "My boss has never raised concerns about my reliability in the past."

ALTERNATIVE THOUGHTS
What could you say instead?

I faced unexpected challenges this week, and I can learn from this experience to better manage my workload in the future." "No one is perfect, and occasional delays happen to everyone."

HOW AM I FEELING NOW?
Rate the emotions you first had (0-10)

More reassured and confident in my abilities – 3/10. I recognize that missing one deadline does not make me incompetent or unreliable. I can take steps to improve time management moving forward.

HOW TRUE DO I THINK MY NEGATIVE THOUGHTS ARE NOW?
(Rate 0-100%)

0%