

Automatic Thought Record (Cognitive Behavioral Therapy)

Date/Time	Stressor/ Situation	Automatic Thought	Emotion(s)	Distorted Thinking	Evidence For/Against	Alternative/Preferred Thought	Emotion(s)
	(Objective data) Event leading up to unpleasant emotions/ thoughts	Immediate thought preceding emotion. Rate belief in automatic thought 0-100%	Based on Automatic thought, rate degree of emotion 0-100% Anger, pain, fear, shame, guilt.	All-or-nothing, catastrophizing, personalization, jumping to conclusions, "should" statements.	What evidence do you have that the Automatic Thought is true or not true?	Given the evidence and distorted thinking, what is a new thought you can have about the situation?	Based on Alternative/ preferred thought, rate degree of emotion 0-100% Anger, pain, fear, shame, guilt.