

EXERCISE 7.2 AUTOMATIC THOUGHT RECORD

As soon as you feel your mood worsening, fill in the chart below by asking yourself, **"What am I thinking and feeling right now?"**

Date, Time	Situation	Automatic Thought/s	Feeling/s	Your Response	Results
	<ul style="list-style-type: none"> • What event led to the distressing feelings? 	<ul style="list-style-type: none"> • Record the thoughts or images that went through your mind • Rate how strong you believed each thought (0-100%) • Which Thinking Styles apply? 	<ul style="list-style-type: none"> • What feelings did you have? • How intense were they? (0-100%) 	<ul style="list-style-type: none"> • Respond to each thought using questions below • Rate how much you believe each response (0-100%) 	<ul style="list-style-type: none"> • Rate intensity of feeling/s • Rate belief in thought/s • Write a more balanced thought. Rate your belief in this thought (0-100%)

Respond to each of your Automatic Thoughts using the following questions. (See Table 7.1 for further explanations)

- (1) What is the evidence your thought is true? Not true? (Two sides should total 100%)
- (2) Would others agree that your thought is true?
- (3) What are some alternative explanations for your thought?

- (4) What's the worst thing that could possibly happen? The best? Most realistic?
- (5) If a friend in this situation had this thought, how would you respond?
- (6) What are benefits of this thought? The costs? (Two sides should total 100%)