

Getting Started With Automatic Thoughts

Use the thought record below to get started with keeping track of the negative automatic thoughts and distressing emotions you experience in daily situations.

Situation	Automatic Thoughts	Emotions
<ul style="list-style-type: none">• What were you doing when you experienced the emotion?	<ul style="list-style-type: none">• What was going through your mind during the situation? Was it words? An image? A memory?	<ul style="list-style-type: none">• What emotions did you feel during the situation?• How would you rate the intensity of each emotion from 0-100%?