

# Automatic Thought Record

One of CBT's favorite exercises is called an Automatic Thought Record (ATR). An automatic thought record takes an event, breaks it down into the components of CBT, and challenges the initial negative reactions to the inciting event. With practice, an ATR can have a huge positive impact on how we interpret and react to situations.

Situation	Automatic Negative Thought (ANT)	Emotion	Challenge ANT	New Balanced Thought	Emotion
Recall the problematic situation	The first negative thoughts in reaction to the situation	What were you feeling? How intense was each emotion? Scale 1- 10	What do you know about yourself and the situation that could challenge the ANT	The more balanced thought after challenging ANT	How intense are the previously stated emotions? What new emotions are you feeling?
<i>I waved at my friend on the street but did not wave back when he saw me wave.</i>	<i>Why did he ignore me? He must be mad at me He must not like me He must have pretended to be my friend</i>	<i>Angry- 9 Sad- 9 Confused- 10 Embarrassed- 7 Frustrated- 9 Concerned- 10</i>	<i>This is a busy street; he may have not realized it was me. I am dressed in work clothes; maybe he did not recognize me. Maybe he is deep in thought</i>	<i>He and I have been friends for some time now, it is not like him to ignore me. There must be a reasonable explanation for this. The next time I see him I will ask if he noticed I was waving at him.</i>	<i>Angry- 5 Sad- 3 Confused- 7 Embarrassed- 5 Frustrated- 6 Concerned- 5</i>