

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

**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%)