# Example Form 8.2a: Downward Arrow: Identifying Core Automatic Thoughts

Sometimes the alternative thoughts you're coming up with don't seem very believable. This may because there are *core* automatic thoughts driving your initial negative thoughts. Use this form to explore the thoughts that might be beneath the surface of your first automatic thought.

First Automatic Thought: *My boss will find the mistake I made and be upset at me*
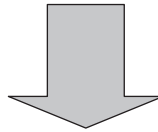
If this were true, what would it mean about me? Why does this matter to me? What would happen if this were true? What would happen next?

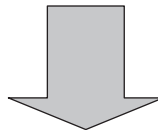Core Automatic Thought: *I'm going to get fired*
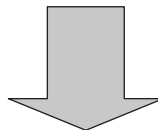
If this were true, what would it mean about me? Why does this matter to me? What would happen if this were true? What would happen next?

Core Automatic Thought: *I'm bad at my job*
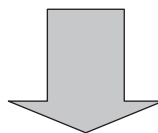
If this were true, what would it mean about me? Why does this matter to me? What would happen if this were true? What would happen next?

Core Automatic Thought: *I'll never be successful*

If this were true, what would it mean about me? Why does this matter to me? What would happen if this were true? What would happen next?

Core Automatic Thought: *I'm incompetent*