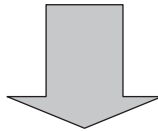


## Example Form 8.2b: Downward Arrow: Identifying Core Automatic Thoughts

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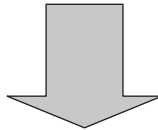
Sometimes the alternative thoughts you're coming up with don't seem very believable. This may be because there are *core* automatic thoughts driving your initial negative thoughts. Use this form to explore the thoughts that might be beneath the surface of your first automatic thought.

First Automatic Thought: My partner forgot our anniversary; I must care more about our relationship than they do



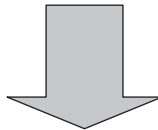
If this were true, what would it mean about me? Why does this matter to me?  
What would happen if this were true? What would happen next?

Core Automatic Thought: They don't love me anymore



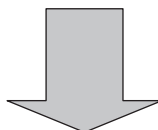
If this were true, what would it mean about me? Why does this matter to me?  
What would happen if this were true? What would happen next?

Core Automatic Thought: We're not going to last



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 end up alone



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 unlovable