

Automatic Thought Record

Based on CBT Automatic Thought Record
Ama La Vida 2021

Think about what you would tell your good friend if they came to you with the same problem.

Situation

How did your mood change?
What happened? Where were you? Who were you with?

Emotion

What emotions or feelings came up for you in this situation?
What did you feel in your body?
How strong was the emotion from 1 to 10?

Negative Automatic Thought (NAT)

As a result of your experience, what thoughts popped into your head? What memories came to mind?

Evidence to support these thoughts

What facts or evidence support the images or thoughts that came to mind? What makes you think that "NAT" is true?

Evidence that does not support the thought

What evidence or facts suggests that this thought may not be 100% accurate?

Alternative Thought

Given all the evidence, what thought would be more helpful in this situation?