

Automatic Thought Record (Adapted Form)

Date/ Time	Situation	Automatic Thoughts	Emotions	Adaptive Response	Outcome
	1. Internal/ external events that prompted the unpleasant emotion & reaction	1. What thoughts or images went through your mind? 2. How much did you believe them or how real did they feel (0-10)?	1. What emotions and/or bodily sensations did you feel? 2. How intense (0- 10)?	1. What cognitive distortions could be present? 2. What evidence for or against belief? 3. If someone else was in this situation, what would I say to them? 4. How much do you believe each of these (0-10)?	1. Now, how much do you believe each automatic thought? 2. What emotions do you feel and how intense (0- 10)? 3. What would be a healthy action to take?

**Adapted from Beck, J. S. (2021). Cognitive behavior therapy: Basics and beyond (3rd ed.). The Guilford Press.*