

**AUTOMATIC THOUGHT RECORD**

| 1. Situation<br>(Activating event)                 | 2. Emotions<br>(Feelings,<br>Physical<br>sensations)<br>Intensity of each<br>feeling 0-100% | 3. Automatic<br>thoughts/images   | 4. Evidence that<br>supports the hot<br>thought                  | 5. Evidence that<br>does not support<br>the hot thought                                      | 6. Alternative or<br>more balanced<br>thoughts that<br>take account of<br>ALL the evidence                         | 7. Rate moods<br>from column 2<br>again -<br>0-100%  |
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| What 'triggered' your thoughts/feelings/behaviour? | Picture yourself in the situation and recall each feeling                                   | What thoughts or images (pictures) went through your mind at this time? Which is the HOT thought – the thought that carries the intensity of the feeling under investigation? | List examples of evidence you believe supports the 'HOT thought' | What evidence is there that <b>does not</b> support your HOT thought <b>All</b> of the time? | These thoughts take account of all the information in columns 4 and 5. Rate your belief in each new thought 0-100% | If the alternative more balanced thoughts are credible then the intensity of these feelings will reduce. |