

AUTOMATIC THOUGHT RECORD

1. Situation (Activating event)	2. Emotions (Feelings, Physical sensations) Intensity of each feeling 0-100%	3. Automatic thoughts/images	4. Evidence that supports the hot thought	5. Evidence that does not support the hot thought	6. Alternative or more balanced thoughts that take account of ALL the evidence	7. Rate moods from column 2 again - 0-100%
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 does not support your HOT thought All 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.