EVERTHRIVE
COUNSELING

An automatic thought record is a tool used in cognitive behavioral therapy to help individuals identify and challenge their negative thoughts and beliefs. It is a structured document that can be used to record automatic thoughts, their corresponding emotions, and physical sensations, and evidence for and against the thought. It can also be used to identify and evaluate the impact of the thought on an individual's behavior and to develop alternative, more balanced, and realistic thoughts.

To create an automatic thought record document, you can use the following steps:

1. Start by identifying the situation that triggered the negative thought. This could be a specific event, conversation, or situation that made you feel upset, anxious, or angry.
2. Next, write down the automatic thought that came to mind in response to the situation. This should be a brief, one-sentence statement that captures the essence of the thought.
3. Next, rate the intensity of the emotion you felt in response to the thought on a scale of 0 to 100, where 0 is not at all and 100 is extremely intense.
4. Write down any physical sensations you experienced in response to the thought, such as a racing heart, tightness in the chest, or sweating.
5. Next, list any evidence for the thought, such as specific facts or observations that support it.
6. List any evidence against the thought, such as facts or observations that contradict or challenge it.
7. Evaluate the impact of the thought on your behavior. For example, did the thought cause you to avoid a situation or engage in a certain behavior?
8. Develop an alternative, more balanced and realistic thought that takes into account both the evidence for and against the original thought. This new thought should be more helpful and less distressing.

By completing an automatic thought record document, individuals can gain insight into their negative thoughts and beliefs and develop strategies for challenging and changing them. This can help them to better manage their emotions and improve their overall well-being

Situation	Automatic Thought	Intensity (0-100)	Physical Sensations	Evidence For the Thought	Evidence Against the Thought	Evaluation of Thought	Alternative Thought
What happened? Describe the	What thought came to mind in	In response to the thought, rate	Write down any physical	List evidence and facts to back	List evidence against the thought.	What did the thought cause you	What is a more realistic thought
situation that led to the negative	response to the situation? Write	the emotion from 0 to 100.	sensations you felt: racing heart,	up thought. Is it true? What facts	What facts or observations	to do or feel like? Did it cause you	that takes into account the
thought (event, conversation,	down the thought (s) that first	0=no disturbance	tightness in chest, sweating,	support the thought?	challenge this thought?	to avoid a situation or engage in a	evidence for and against the
situation, etc).	entered your mind.	100= highest disturbance	feeling hot, nausea, etc.			particular behavior?	thought? This should be more
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