

Daily Automatic Thought Record

Name: _____

Date:	Situation: <i>What were you doing?</i>	Emotion: <i>What do you feel?</i> <i>How bad is it?</i> (0-100)	Automatic Thoughts: <i>What exactly were your thoughts? How much do you believe each of them?</i> (0-100)	Rational Response: <i>What are the rational responses to your automatic thoughts? How much do you believe your rational responses?</i> (0-100)	Outcome: <i>How much do you now believe the automatic thoughts?</i> (0-100) <i>How do you feel now?</i> (0-100) <i>What can you do now?</i>

* Rational Response: Challenge Your Thinking:

1. What is my evidence against the thought?
2. Is there any other way to look/think about this?
3. Even if it is true, is it the end of the world?

Pre-anxiety Level (0-5) _____

Relaxation Location _____

Post-anxiety Level (0-5) _____

Automatic Thought Record Worksheet

JE Gale



Automatic Thought Record Worksheet:

Automatic Thought Record Worksheet Book Review: Unveiling the Magic of Language

In a digital era where connections and knowledge reign supreme, the enchanting power of language has become more apparent than ever. Its power to stir emotions, provoke thought, and instigate transformation is truly remarkable. This extraordinary book, aptly titled "**Automatic Thought Record Worksheet**," published by a very acclaimed author, immerses readers in a captivating exploration of the significance of language and its profound affect our existence. Throughout this critique, we will delve into the book is central themes, evaluate its unique writing style, and assess its overall influence on its readership.

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