

Automatic *thought record*

Client _____

date _____

DATE AND TIME SITUATION Where, when, in what circumstances?	EMOTIONS What did I feel? (e.g. anxiety, anger, unease, fear, irritation, sadness) How strong were they? (0–100)	AUTOMATIC THOUGHTS THAT CAME UP AT THAT MOMENT How strongly did I believe each of them? (0–100) or How strong was the emotion that came with this thought? (0–100)