

Automatic Thoughts Worksheet

1. Identify the Situation	2. Name the Emotion(s) and Rate Intensity	3. Automatic Thought(s) Circle the Strongest Thought
Who?	Emotion: _____ Intensity: _____/100	#1
What?	Emotion: _____ Intensity: _____/100	#2
When?	Emotion: _____ Intensity: _____/100	#3
Where?	Emotion: _____ Intensity: _____/100	#3
Who?	Emotion: _____ Intensity: _____/100	#1
What?	Emotion: _____ Intensity: _____/100	#2
When?	Emotion: _____ Intensity: _____/100	#3
Where?	Emotion: _____ Intensity: _____/100	#3
Who?	Emotion: _____ Intensity: _____/100	#1
What?	Emotion: _____ Intensity: _____/100	#2
When?	Emotion: _____ Intensity: _____/100	#3
Where?	Emotion: _____ Intensity: _____/100	#3

Identify the Automatic Thought: What was going through my head just before this emotion started? What images come into my mind when I think of this situation? What am I afraid will happen in/because of this situation? What is the worst thing that could happen in this situation? What do others think about me because of this situation? What does this situation tell me about other people? What do I think of myself because of this situation?

