

NAME \_\_\_\_\_

Daily Record Of Negative Automatic Thoughts

Date	Emotions What do you feel? How bad was it? (0-100%)	Situation What were you doing or thinking about?	Automatic Thoughts What exactly were your thoughts? How far did you believe each of them (0-100%)	Rational Response What are your rational answers to the automatic thoughts? How far did you believe each of them (0-100%)	Outcome 1. How far do you now believe the thoughts (0-100%)? 2. How do you feel (0-100%)? 3. What can you do now?

Notes: