

| Date or Day | Situation 1. Describe actual event leading to unpleasant emotion. 2. Stream of thoughts, daydream, or recollection leading to unpleasant emotion. | Emotion(s) 1. Specify (sad, anxious, angry) 2. Rate degree of emotion 0-100. | Automatic Thought(s) 1. Write automatic thought(s) that preceded emotion(s). 2. Rate belief in automatic thought(s), 0-100% | Logical Response 1. Write logical response to automatic thought(s). 2. Rate belief in logical response, 0-100%. | Outcome Re-rate emotions and belief in automatic thought(s), 0-100 |
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EXPLANATION: When you experience an unpleasant emotion, note the situation that seemed to stimulate the emotion. (If the emotion occurred while you were thinking, daydreaming, etc., please note this.) Then note the automatic thought associated with the emotion. Record the degree to which you believe this thought: 0% = not at all; 100% = completely. In rating degree of emotion: 1 = a trace; 100 = the most intense possible.