Thought Log

Event	Feeling	Behavior	Automatic Thought	Evidence for the Automatic Thought	Evidence against the Automatic Thought	Identify Thinking Errors	Coping Thought	Feeling	Behavior
What happened (e.g. where were you, who were you with, what were you and others doing?)	*Identify and rate the feelings (0 to 10)*	*How did you react?* *What did you do?*	*What ran through your mind?*	*What information supports the accuracy and validity of the automatic thought?*	*What information does not support the accuracy and validity of the automatic thought?* *Is the thought accurate, realistic, and/or helpful? Think about probability, realistic odds, facts, past experiences, etc.*	*Do you notice any thinking errors?* *If so, what are they?*	*What is a more helpful thought that is still realistic and accurate to the situation?* *Use evidence for and against the initial automatic thought to create a new one.* *This is NOT just positive thinking….stay realistic and accurate.*	*Re-Rate the feelings (0 to 10)*	*How would you react now?*