

### Daily record of Automatic Thoughts (Self-Talk)

Date	Situation	Automatic Thoughts	Physical response	Emotional response	Cognitive Distortion	Changed thought

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### Sample Daily record of Automatic Thoughts (Self-Talk)

Date	Situation	Automatic Thoughts	Physical response	Emotional response	Cognitive Distortion	Changed thought
<i>Example: 1/02/00</i>	<i>Pain flare-up</i>	<i>Can't take this. I can't do anything.</i>	<i>Inc. tension Crying</i>	<i>Helpless Frustrated</i>	<i>All or nothing Magnification</i>	<ol style="list-style-type: none"> <li>1. <i>Pain increases are scary.</i></li> <li>2. <i>I've been through this before.</i></li> <li>3. <i>I have tools I can apply to get through this.</i></li> <li>4. <i>This is what I'll do. . .</i></li> </ol>

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Step 1. Identify the Upsetting Event – be as specific as possible. “Life stinks” is hard to work on, but “I had a conflict with my wife this morning” or “I was at the gym and feeling discouraged” are more tangible.

Step 2. Record your negative emotional response or physical reaction.

Step 3. Go back to identify the automatic thoughts associated with the bad feelings. If you are having trouble with this, draw an unhappy stick figure with a bubble above its head. Make up some negative thoughts that are upsetting the stick figure and write them in the bubble.

Then write some changed thoughts.

Step 4. Go back and look at your automatic thoughts and reevaluate your belief in them, then look at your emotional response and rate its strength. Is there relief? If not, ask yourself:

1. Have I correctly identified the upsetting event?
2. Do I want to change my negative feelings about this situation (list advantages and disadvantages of changing your feelings)
3. Have I identified my Automatic Thoughts properly?
4. Are my changed thoughts convincing, valid statements that put the lie to my automatic thoughts?

