Name_____

Daily Outomatic Thought Record

Situation	Emotion	Auto Thoughts	Rational Thoughts	Outcome
What were you doing?	*What do you feel? How bad is it? (0-100)*	*What exactly were your thoughts? How much do you believe each of them? (0-100)*	*What are the rational response to your automatic thoutghts? how much do you believe your rational response?*	*How much do you now believe the automatic thoughts? (0-100) How do you feel now? (0-100) What can you do now?*