

**5 Column Automatic Thoughts Form**

<b>Situation with date and time</b>	<b>Automatic Thoughts (ANT)</b>	<b>Emotions &amp; Intensity (1 – 10)</b>	<b>Alternative Thoughts</b>	<b>Emotions &amp; Intensity (1 – 10)</b>

Automatic Thoughts: (ANT = Automatic Negative Thoughts) Thoughts that come to mind in the moment that lead to the emotions. Put a \* beside any thoughts that seem especially emotionally charged or destructive.

Emotions: 1 = very low, 10 = extremely intense, emotionally charged. Focus on negative emotions that are 5 or higher.

Alternative Thoughts: What would be a more true, more helpful thought to replace the automatic thought? Of the ANT: What is evidence against it? What are the chances it will happen? What action could I take to mitigate negatives and create positive outcomes? What would a friend, a sleep expert or a good sleeper recommend? How does the ANT make me feel?

Emotion and Intensity: List the same emotions and re-rate them. Look for significant drops. Be honest.

*You can do this on a separate sheet of paper or in a word processor if that helps as the narrow columns can be restrictive.*