5 Column Automatic Thoughts Form - Example

Situation with date and time	Automatic Thoughts (ANT)	Emotions & Intensity (1 – 10)	Alternative Thoughts	Emotions & Intensity (1 – 10)
Just went to bed and I'm wide awake, can't sleep, Feb 15	Crap, I was hoping to have a good night's sleep since last night went so well. I can never get to sleep. I've tried everything and nothing works, so what's the point.	Confused – 5 Frustrated – 8 Helpless – 9	I can't control sleep, so better to let go and wait until I feel sleepy again. I felt sleepy when I went to bed but something changed – started thinking about work tomorrow. I'll do something to get my mind off sleep and tomorrow. I probably shouldn't have worked right up to bedtime. I sometimes get to sleep OK. So I can have confidence that my sleep system is working. I just need to be patient and keep up the CBTi.	Confused – 2 Frustrated – 5 Helpless – 4.5 Much better, I can feel the differenc.

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.