

7 Column Automatic Thoughts Form - Example

Situation with date and time	Emotions & Intensity (1 – 10)	Thoughts (Put * beside the most intense)	Evidence for the * thought(s)	Evidence against the * thought(s)	Helpful thoughts and actions	Emotions & Intensity (1 – 10)
Up at night – again!!!, about 3 am, Feb 15	Frustration – 5 Fear – 7 Anxious – 8	This will never get better. I am sooo bored. Tomorrow work will be a disaster.* I never get enough sleep.	I've had really bad days before. I read that lack of sleep leads to poor decision making and bad leadership. It's a pretty obvious conclusion.	I've felt crappy at work before and done fine. There are many factors that determine if a day will be good or bad. Sleep is but 1 issue.	I can counteract my mood with my attitude. I could write out obstacles to success for tomorrow and some potential solutions. One day at a time- this isn't sooooo bad.	Frustration – 4 Fear – 4 Anxious – 3.5 Feels much better.

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

Thoughts: Automatic 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.

Evidence (for and against the * thought(s)): What experience or information leads to and contradicts this thought. It can be difficult initially to come up with the evidence against. Be patient, it will improve with practice.

Helpful thoughts and actions: What would be a more true, more helpful thought to replace the automatic thought? What action could you take to mitigate negatives and create positive outcomes?

Emotion & Intensity: List the same emotions and rerate 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.