

(ATR) AUTOMATIC THOUGHT RECORD

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<i>When you notice your mood changing, ask yourself: "What's going through my mind right now?"</i>					
DATE/ TIME	EMOTION(S)	TRIGGER	AUTOMATIC THOUGHTS	DISTORTION	ALTERNATIVE RESPONSE
	DESCRIBE: 1. Specify: Sad, Anxious, Disgusted, Angry, Ashamed, etc. 2. Rate 0-100%.	DESCRIBE: 1. Actual event leading to unpleasant emotion. 2. Stream of thought, daydreams, or recollection, leading to an unpleasant emotion. 3. Distressing physical sensations	1. Write automatic thought(s) or image(s) that proceed emotion(s). 2. Rate belief in automatic thought(s) 0-100%.	1. All or Nothing Thinking 2. Overgeneralization 3. Mental Filter 4. Disqualifying the Positive 5. Jumping to Conclusions 6. Magnification or Minimization 7. Emotional Reasoning 8. Should Statements 9. Labeling and Mislabeling 10. Personalization 11. Upset That You Are Upset	1. What is the evidence that the AT is true? Not true? 2. Is there an alternative explanation? 3. What's the worst that could happen? Could I live through it? What's the best that could happen? What's the most realistic outcome? 4. What positive action can I take? 5. What's the effect of my believing the AT? What could be the effect of changing my thinking? 6. If (person) was in this situation and has this thought, what I would I tell him/her?