



Daily Automatic Thought Record

Date	Activating Event Briefly describe the actual events that led to the way you felt.	Consequential Feelings and Behaviours 1. Specify the emotion (e.g. sad, anxious, angry). 2. Rate the degree of the emotion (0 to 10).	Beliefs or Automatic Thoughts 1. Record what was going through your mind at the time of the emotion. 2. Rate the strength of your belief in the automatic thought(s) Scale 0 - 10