

GUIDELINES FOR RESPONDING TO AUTOMATIC THOUGHTS

1. ANSWER ONE AUTOMATIC THOUGHT AT A TIME.
2. 3:1 - AT LEAST THREE RESPONSE FOR EACH AUTOMATIC THOUGHT.
3. IDENTIFY COGNITIVE BIAS AND DISTORTION AND CORRECT IT.
4. USE EVIDENCE TO SUPPORT YOUR RESPONSES. GIVE EXAMPLES. AVOID RATIONALIZING.
5. RE-ATTRIBUTION.
6. BE SPECIFIC.
7. SELF-COMPASSION -- WOULD YOUR THERAPIST TALK TO YOU THIS WAY?
8. LANGUAGE BIAS -- CHANGE WORDS LIKE:
 - "SHOULD"
 - "MUST"
 - "NEVER"
 - "ALWAYS"
9. GENERATE ALTERNATIVE EXPLANATIONS.
10. PROBLEM SOLVE.

DAILY RECORD OF DYSFUNCTIONAL THOUGHTS

Date	SITUATION Describe: 1. Actual event leading to unpleasant emotion, or 2. Stream of thoughts, daydream, or recollection, associated with unpleasant emotion	EMOTION(S) 1. Specify and indicate, angry, etc. 2. Rate degree of emotion - 1-100%	AUTOMATIC THOUGHT(S) 1. Write automatic thought(s) associated with emotion(s) 2. Rate belief in automatic thought(s) - 0-100%	ADAPTIVE RESPONSES 1. Write alternative interpretations to automatic thought(s) 2. Rate belief in rational response - 0-100%	OUTCOME 1. Re-rate brief in automatic thought(s) - 0-100% 2. Specify and rate subsequent emotions - 0-100%

EXPLANATION: When you experience an unpleasant emotion, note the situation that seemed to stimulate the emotion. (If the emotion occurred while you were thinking, daydreaming, etc., please note this.) Then note the automatic thought associated with the emotion. Record the degree to which you believe this thought: 0% = not at all; 100% = completely. In rating degree of emotion: 1 = a trace; 100 = the most intense possible.