



Automatic Thought Diary

Instructions:

Complete one row for each event or thought. Start with what situation or event triggered the thought, then note down what the thought was, how strongly you believe it and how likely it is to be true. Lastly provide an alternative, more likely and positive thought that can replace the negative automatic thought.

| Situation | Automatic Thought | Strength (1-100) | Validity (1-100) | Replacement Thought |
|--|---|---|---|---|
| What event led to the negative thought? | What thoughts went through your mind? | How strongly do you believe this – rate on scale of 1-100 | On a scale from 1-100 how likely is it that this thought is true? | What is a better, more realistic thought to replace the negative automatic thought? |
| <i>Example: My ex has a new partner.</i> | <i>Example: I didn't mean anything to them!</i> | <i>Example: 80</i> | <i>Example: 60</i> | <i>Example: My ex has moved on and is trying to be happy, maybe I should do the same?</i> |
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