

Emotions Rating Scale: 1 = very weak, 2 = weak, 3 = neutral, 4 = strong, 5 = very strong

Situation- Where were you, what were you doing, what happened?

Emotions- What were you feeling? Rate the strength of the emotion on a scale of 1-5

Negative Automatic Thought- What thoughts or images went through your mind?

Evidence that supports the negative automatic thought- What makes you believe the thought is true?

Evidence that does not support the negative automatic thought- What makes you believe the thought is false?

Alternative Thought- Weighing up the evidence for and against, what do you believe now?

