Thought Monitoring Form

Directions: *When you notice your mood getting worse, ask yourself; "What is going through my mind right now?" then as soon as possible, write down the* **thoughts** *or* **mental images** *in the "Automatic Thought" column.*

Date/Time	Situation	Automatic Thoughts	Emotion *feeling*	Adaptive Response	Outcome
	1. What actual event or stream of thoughts/ daydreams or recollections led to the unpleasant emotion? 2. What (if any) distressing physical sensations did you have?	1. What thought(s) and/or image(s) went through your mind? 2. How much did you believe each one at the time?	1. What emotion(s) (sad/anxious/angry /etc) did you feel at the time? 2. How intense (0-100%) was the emotion?	1. (optional) What cognitive distortion did you make? 2. Use questions at bottom to compose a response to the automatic thought(s). 3. How much do you believe each response?	1. How much do you now believe each automatic thought? 2. What emotion(s) do you feel now? How intense (0-100%) is the emotion? 3. What will you do (or did you do)?
	1. 2.	1. 2.	1. 2.	1. 2.	1. 2.

Questions to help compose an alternative response: (1) What is the evidence that the automatic thought 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's the effect of my believing the automatic thought? What could be the effect of my changing my thinking? (5) What should I do about it? (6) If _____ (friend's name) was in the situation and had this thought, what would I tell him/her?

Common Cognitive Distortions

1. **All or nothing thinking** (also called black and white, dichotomous thinking): view a situation in only two categories instead of on a continuum.

2. **Catastrophizing** (fortune telling): you predict the future negatively without considering other, more likely outcomes.

3. **Disqualifying or discounting the positive**: you unreasonably tell yourself that positive experiences, deeds, or qualities do not count.

4. **Emotional reasoning**: you think something must be true because you "feel" it so strongly, ignoring or discounting evidence to the contrary.

5. **Labeling**: fixed, global label on yourself or others without considering that the evidence might more reasonably lead to a less disastrous conclusion.

6. **Magnification/minimization**: when you evaluate yourself, another person or a situation, you unreasonably magnify the negative and/or minimize the positive.

7. **Mental filter** (selective abstraction): you pay undue attention to one negative detail instead of seeing the whole picture.

8. **Mind reading**: you believe you know what others are thinking, failing to consider other, more likely possibilities.

9. **Overgeneralization**: you make a sweeping negative conclusion that goes far beyond the current situation.

10. **Personalization:** you believe others are behaving negatively because of you, without considering more plausible explanations for their behavior.

11. **Should or must statements (imperatives)**: you have a precise, fixed idea of how you or others should behave and you overestimate how bad it is that these expectations are not met.

12. **Tunnel vision**: you only see the negative aspects of a situation.

Categorizing Core Beliefs

Helpless Core Beliefs:

I am helpless	I am inadequate
I am powerless	I am ineffective
I am out of control	I am incompetent
I am weak	I am a failure
I am vulnerable	I am disrespected
I am needy	I am defective
I am trapped	I am not good

Unlovable Core Beliefs:

I am unlovable	I am unworthy
I am unlikable	I am different
I am undesirable	I am defective
I am unattractive	I am not good enough
I am unwanted	I am bound to be rejected
I am uncared for	I am bound to be abandoned
I am bad	I am bound to be alone