

GoodTherapy

Automatic Thought Record

Beginning to understand your feelings begins with identifying the thoughts associated with them. Automatic thoughts are those that appear immediately, without us realizing, typically in response to an emotional stimulation. This worksheet goes through the practice of identifying automatic thoughts, and how change them.

Trigger	Automatic Thought	New Thought
Example: I made a mistake in my relationship	"My partner is going to leave me."	"It was a mistake, I will apologize sincerely and we can move through this."