

# RECORDING AUTOMATIC THOUGHTS & RATIONAL RESPONSES

## Directions:

List your automatic thoughts as they occur, as well as your rational responses. List how much you believe in both (1= very little, 10= very much).

Automatic thought: \_\_\_\_\_ Time of day: \_\_\_\_\_  
How much do you believe this?     1    2    3    4    5    6    7    8    9    10

Rational response: \_\_\_\_\_  
How much do you believe this?     1    2    3    4    5    6    7    8    9    10

Automatic thought: \_\_\_\_\_ Time of day: \_\_\_\_\_  
How much do you believe this?     1    2    3    4    5    6    7    8    9    10

Rational response: \_\_\_\_\_  
How much do you believe this?     1    2    3    4    5    6    7    8    9    10

Automatic thought: \_\_\_\_\_ Time of day: \_\_\_\_\_  
How much do you believe this?     1    2    3    4    5    6    7    8    9    10

Rational response: \_\_\_\_\_  
How much do you believe this?     1    2    3    4    5    6    7    8    9    10

Automatic thought: \_\_\_\_\_ Time of day: \_\_\_\_\_  
How much do you believe this?     1    2    3    4    5    6    7    8    9    10

Rational response: \_\_\_\_\_  
How much do you believe this?     1    2    3    4    5    6    7    8    9    10

Automatic thought: \_\_\_\_\_ Time of day: \_\_\_\_\_  
How much do you believe this?     1    2    3    4    5    6    7    8    9    10

Rational response: \_\_\_\_\_  
How much do you believe this?     1    2    3    4    5    6    7    8    9    10