

Date	Situation: What specific act or event is involved?	Emotion	Automatic Thought	Alternate Thought	Outcome
	Note situation or thought/recollection leading to unpleasant emotion	1. Note type of emotion (anger, frustration etc) 2. Rate the intensity of the emotion (1-10)	1. Write down automatic thought (e.g. she's just doing this to annoy me) 2. Rate belief in automatic thought (1-10)	1. What's are alternate thoughts/explanations 2. Re-rate your belief in the automatic thought (1-10)	1. What emotion(s) is/are associated with these alternate thought(s) 2. How does the situation or outcome change with the alternate thought(s).



ABCD Record Sheet

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