

MONITORING FORM – NEGATIVE AUTOMATIC THOUGHTS

Situation	Automatic Thoughts	Emotion
Lying in bed unable to fall asleep	If I don't get to sleep, I'm going to be exhausted tomorrow and won't have the energy to _____	Anxious (60%) Frustrated (80%)
Waking up in the middle of the night	Oh no, I'm awake. I can't take another night of being up for 2-3 hours. I really have to get back as soon as possible.	Fear (70%)
Getting ready for work in the morning	This insomnia may cause serious health problems	Fear (70%)