

MONITORING FORM – NEGATIVE AUTOMATIC THOUGHTS

| Situation | Automatic Thoughts | Emotion |
|--|---|---|
| <p><i>What situation led to an unpleasant emotion?</i></p> | <p><i>What thoughts or images went through your mind?</i></p> | <p><i>What emotion did you feel (anger, sadness, anxiety)? How strongly (0-10)?</i></p> |