

MONITORING FORM – NEGATIVE AUTOMATIC THOUGHTS

Situation	Automatic Thoughts	Emotion	Evaluation	Outcome
<i>What situation led to an unpleasant emotion?</i> .	<i>What thoughts or images went through your mind?</i>	<i>What emotion did you feel (anger, sadness, anxiety)? How strongly (0-10)?</i>	<i>What is the evidence? Is there an alternative view? What is the worst that could happen?</i>	<i>New emotion rating and results of behavioral experiments</i>