

## MONITORING FORM – NEGATIVE AUTOMATIC THOUGHTS

Situation	Automatic Thoughts	Emotion	Evaluation	Outcome
<p><i>What situation led to an unpleasant emotion?</i></p> <p>Lying in bed unable to fall asleep</p>	<p><i>What thoughts or images went through your mind?</i></p> <p>If I don't get to sleep, I'm going to be exhausted tomorrow and won't have energy to do work</p>	<p><i>What emotion did you feel (anger, sadness, anxiety)? How strongly (0-10)?</i></p> <p>Anxious (60%) Frustrated (80%)</p>	<p><i>What is the evidence? Is there an alternative view? What is the worst that could happen?</i></p> <p>Poor night's sleep may interfere in some way, but I can still do plenty of things.</p>	<p><i>New emotion rating and results of behavioral experiments</i></p> <p>Anxiety (20%) Frustrated (40%)</p>
<p>Feeling tired at work</p>	<p>Chronic Insomnia may have serious consequences for my health</p>	<p>Fear (70%)</p>	<p>No one has died from insomnia. If it was very bad for my health I would have heard it by now</p>	<p>Fear (20%)</p>