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| **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%) |
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