

Thought Change Record

Situation	Automatic thought(s)	Emotion(s)	Rational response	Outcome
a. Describe event leading to emotion <i>or</i> b. Stream of thoughts leading to emotion <i>or</i> c. Physiological sensations.	a. Write automatic thought(s) that preceded emotion(s). b. Rate belief in automatic thought(s), 0%–100%.	a. Specify sad, anxious, angry, etc. b. Rate degree of emotion, 1%–100%.	a. Identify cognitive errors. b. Write rational response to automatic thought(s). c. Rate belief in rational response, 0%–100%.	a. Specify and rate subsequent emotion(s), 0%–100%. b. Describe changes in behavior.

Source. Adapted from Beck AT, Rush AJ, Shaw BF, et al: *Cognitive Therapy of Depression*. New York, Guilford, 1979, pp. 164–165. Reprinted with permission of Guilford Press.