

## Thought Change Record

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

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