

Date/ time	Situation	Automatic thought(s)	Emotion(s)	Adaptive response	Outcome
	<p>1. What event (external or internal) is associated with the unpleasant emotion? Or what unhelpful behavior did you just engage in?</p> <p>Thinking about the job interview</p>	<p>1. What thought(s) and/or image(s) went through your mind (before, during, or after the event or unhelpful behavior)?</p> <p>2. How much did you believe the thought(s)?</p> <p>I'll be so nervous, I won't know what to say, and then I won't get the job. (80%)</p>	<p>1. What emotion(s) (sad/anxious/angry, etc.) did you feel (before, during, or after the event or unhelpful behavior)?</p> <p>2. How intense (0%–100%) was the emotion?</p> <p>Anxious (75%)</p>	<p>1. (optional) What cognitive distortion did you make?</p> <p>2. Use questions below to compose a response to the automatic thought(s).</p> <p>3. How much do you believe each response?</p> <p>(Fortune-telling) I'm nervous now, but I can practice more with [my therapist]. When I was nervous in the past, like when I got a new boss, I didn't have trouble talking. (80%) If I don't get the job, I can apply for other ones. The best outcome would be that the interviewer will offer me the job on the spot. The most realistic outcome is that I'll have to apply for several jobs before I get one. (90%) Thinking I won't get the job just keeps me anxious. Realizing that it's not the end of the world if I don't get it makes me feel better. (100%) I'd tell Gabe that it isn't the end of the world if he's nervous and doesn't get the job. But the more he practices, probably the less nervous he'll be. (100%) I should practice what I want to say and then act as if I'm not nervous (100%)</p>	<p>1. How much do you now believe each automatic thought?</p> <p>2. What emotion(s) do you feel now?</p> <p>How intense (0%–100%) is the emotion?</p> <p>3. What would be good to do?</p> <p>1. AT (50%) 2. Anxious (50%) 3. Practice</p>
<p>Questions to help compose an alternative response: (1) What is the evidence that the automatic thought is true? Not true? (2) Is there an alternative explanation? (3) If the worst happened, how could I cope? What's the best that could happen? What's the most realistic outcome? (4) What's the effect of my believing the automatic thought? What could be the effect of my changing my thinking? (5) If _____ [person's name] was in this situation and had this thought, what would I tell him/her? (6) What would be good to do?</p>					

FIGURE 15.4. Thought Record, side 2. Copyright © 2018 CBT Worksheet Packet. Beck Institute for Cognitive Behavior Therapy, Philadelphia, Pennsylvania.