

If you have not noticed some distorted thinking in yourself, you know that it can be distressing and difficult to address. The good news is that it is absolutely possible to identify, understand, and correct our faulty ways of thinking, and that's exactly what this worksheet will help you do.

Intensity of Automatic Thought(s)			
Response			
Situation			
Result			
Date/Time			



Instruct ons:

1. Write down the date and t me of the situat on.