

Situation

Actual event leading to unpleasant emotion

Automatic thoughts

1. Write automatic thoughts that preceded the emotion.
2. Rate the belief in automatic thought for 0 to 100%.

Rational Response

1. Write rational response to automatic thought.
2. Rate belief in rational response from 0 to 100%.

Outcome

1. Rerate belief in automatic thoughts from 0 to 100%.
2. Specify and rate subsequent emotion from 0 to 100%

Example:

My patient, Mr. R., was verbally abusive toward me in our session today, ostensibly because I seemed doubtful when he told me he hadn't used cocaine in a week.

(Note: Mr. R. is in treatment with me as per the terms of his parole.)

Emotion:

1. Specify sad/anxious/angry etc.
2. Rate degree of emotion from 0 to 100%

Example:

1. I don't believe this garbage! I don't deserve it! Find another therapist...you're on our own buddy! (90)
2. Mr. R. is a God-damned liar! (100)
3. He doesn't want help. He just wants to beat the system. Well, he won't do it at my expense! (100)
4. This jerk could wind up killing me if I'm not careful. (70)

Example:

1. I will not abandon Mr. R. I am a professional and dealing with this kind of behavior comes with the territory. I will maintain a quiet, dignified strength. (100%)
2. Mr. R. is probably lying, but I will not label him a liar. He has been honest at times. (60)
3. Whether he wants my help or not is up to him, but I will continue to offer it just the same. (80)
4. I won't play hero with Mr. R., nor will I provoke him. I will play it safe and smart. I will be cautious but I won't run scared. (70)

Example:

1. anger (30)
2. fear (20)
3. aggravation (50)

Rerated Automatic Thoughts

1. 20%
2. 50%
3. 50%
4. 10%