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**CBT Automatic Thoughts Record for Anxiety Worksheet**

Cognitive behavioral therapy can be very useful in challenging self defeating thoughts and behaviors. Complete the following each day.

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| **Date** | **Event** | **Feelings/Emotions** | **Automatic Thoughts** | **Challenge the Thoughts** |
| **When did it happened?** | **What happened? When? How? With who?** | **What were you feeling? Rate each emotions on a scale from 1 to 10.** | **Your first negative thought about the situation** | **Is this fact or opinion? What would someone else say about this situation? What’s a bigger picture? Is there another way of seeing it? What advice would I give someone else? Is this really as important as it seems?** |
| August 9 | Fight with my boyfriend | Fear, 8  worry, 10  obsessing 7 | He’s going to leave me! I love him – I don’t want to lose him. | We had a disagreement. We will talk it through. We’ve had bigger problems and survived. |
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