

Thought Log

Day/ Date	Situation	<u>CATCH</u> your Automatic Thought	Consequence	<u>CHECK</u> your Automatic Thought	<u>CHANGE</u> your AT New Adaptive Response
			Emotion: Physical Sensations: Behaviors:		New AT: Emotion: Physical sensations: Behaviors:
THOUGHT PROMPTS					
	Where were you? What were you doing? Who were you with?	What was going through your mind?	What did you feel? What sensations did you notice? How did you act?	Evidence for AT? Evidence against AT? Is this AT helpful? What's the most realistic outcome? What is an alternative explanation?	What is going through your mind? How do you feel? What sensations do you notice? What actions are you taking?



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