
Automatic Thought Questioning Form

This form will help you evaluate and question your automatic thoughts. Using your Thought Diary, select an unhelpful automatic thought or a series of automatic thoughts that contributed to negative mood. Write this automatic thought or thoughts in the space below.

Now, follow steps 1 through 4 and ask yourself the following questions. Write your responses in the space provided.

(1) Review the evidence.

What is the evidence *for* this thought?

What is the evidence *against* this thought?

(2) Review possible outcomes.

What is the worst thing that could happen? Could I survive it?

What is the best thing that could happen?

What realistically is most likely to happen?

(3) Consider the impact of your automatic thought.

What are the results of my belief in the automatic thought? That is, how do I feel and act in response to this automatic thought?

What could be the results of changing my thinking? That is, would I feel any differently or do anything differently if I could change the thought?

(4) Problem-solve about the situation that brought on your negative thinking.

What could I do about it?

What would I tell _____ (a friend) if he or she were in the same situation?