

Automatic Thought Journal

This worksheet helps you identify and challenge automatic negative thoughts that affect your self-esteem.

Example:

- Situation: I forgot to respond to an important email.
- Automatic Thought: 'I'm unreliable and bad at my job.'
- Challenge: 'Everyone makes mistakes sometimes. I can apologize and fix it.'
- Balanced Thought: 'Forgetting doesn't define my abilities. I'll handle it responsibly.'

Instructions:

1. Write down a situation where you felt bad about yourself.
2. Record the automatic thoughts you had during the situation.
3. Describe how these thoughts made you feel emotionally and physically.
4. Challenge the thoughts by asking:
 - What evidence supports this thought?
 - What evidence contradicts it?
 - Is there another way to view this situation?
5. Write a balanced, rational response to replace the negative thought.

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Your Situation:

Your Automatic Thoughts:

How These Thoughts Made You Feel:

Challenging the Thought:

Balanced and Rational Response: