

## Negative Thinking - Cognitive Analysis Form

Date:

People Involved:

Describe the Upsetting Event:

Emotion	Rating (0-100)	Emotion	Rating (0-100)
1. Frustration		5. Inferiority or Inadequacy	
2. Anger or Resentment		6. Loneliness	
3. Sadness or Depression		7. Guilty or Shame	
4. Anxiety, Worry, or Panic		8. Hopelessness	

Automatic Thoughts	Cognitive Distortions	Rational Responses
<p>Write down each of your negative thoughts. Estimate your belief in each one by rating it between (0-100).</p>	<p>Identify the cognitive distortion(s) in each Automatic Thought. See "Ten Common Cognitive Distortions".</p>	<p>Modify your initial statement with more realistic responses. Estimate your belief in each one of by rating it (0-100). See "Ten Methods to Examine Cognitive Distortions".</p>

**Now, re-rate your belief in each of the "Automatic Thoughts" listed above.**

Put a check in the box that describes how you feel *now*.

<input type="checkbox"/> Somewhat Better	<input type="checkbox"/> Quite a Bit Better	<input type="checkbox"/> A Lot Better	
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