

**EXERCISE: Identifying Automatic Thoughts**

Remember, if you list more than one mood in column 2, circle or mark the mood you want to put under the microscope. Use the questions at the bottom of column 3 to help you identify the thoughts connected to the mood you circled or marked. Remember, you do not need to answer every question in column 3. Ask yourself the first two general questions, and then some or all of the questions specific to the moods you circled or marked in column 2.

**WORKSHEET 7.3. Identifying Automatic Thoughts**

1. Situation	2. Moods	3. Automatic Thoughts (Images)
<p>Who were you with?            What were you doing?            When was it?            Where were you?</p>	<p>Describe each mood in one word.            Rate intensity of mood (0–100%).            Circle or mark the mood you want to examine.</p>	<p>What was going through my mind just before I started to feel this way? (General)            What images or memories do I have in this situation? (General)            What does this mean about me? My life? My future? (Depression)            What am I afraid might happen? (Anxiety)            What is the worst that could happen? (Anxiety)            What does this mean about how the other person(s) feel(s)/think(s) about me? (Anger, Shame)            What does this mean about the other person(s) or people in general? (Anger)            Did I break rules, hurt others, or not do something I should have done? What do I think about myself that I did this or believe I did this? (Guilt, Shame)</p>