

Name: _____ Date: _____

Situation (Action)	Thought (Belief)	Feeling (Consequence)	Alternative, Logical Thoughts (Dispute)
This is the external situation.	Automatic Negative Thoughts linking the situation to the feelings.	Consequences of negative thoughts may be dysfunctional feelings (such as depression, anger, anxiety), or behaviors (such as avoidance).	Now is your opportunity to dispute the negative thoughts with alternative thoughts or rational thoughts.
			What is the evidence for and against this thought? Is there an alternative explanation? What's the worst, best, and most likely outcome? What are the cognitive distortions in my thinking? What effect is this thinking having on me? Helpful or not helpful? What would I tell a friend in this situation?