

Cognitive Behavioral Learning: Best used in real time as situations arise. You may find you want to start with another item (e.g. undesirable behavior) then start there and work back to the prompting event.

Date:

Time:

Prompting Event, trigger (what happened that caused distress):

Automatic Thought(s):

Physiological Sensations:

Emotions, Feelings, and/or Urges:

Behavior:

What could have been an alternative, more helpful, balanced thought?

What could have been an alternative, more helpful, balanced behavior?