

FORM B.5. Patient's Form for Categorizing and Responding to Automatic Thoughts

<p><i>Automatic Thoughts:</i> Write your negative thoughts and estimate your confidence in the accuracy of each one (0–100%).</p>	<p><i>Distortions:</i> Identify the category into which each automatic thought falls (see “Categories of Distorted Automatic Thoughts: A Guide for Patients”).</p>	<p><i>Rational Responses:</i> Substitute more realistic thoughts and estimate your confidence in the accuracy of each one (0–100%).</p>