Daily Thought Record Worksheet

Try using these tricks to identify negative automatic thoughts:

- Sit quietly and try to imagine going into an anxiety producing situation: what types of thoughts might come up?
- Recall an event from the past that was anxiety-producing. What thoughts were going through your mind?
- Role play an anxiety-producing event with a friend, family member, or therapist. Write down thoughts that come up during this exercise.
- In the course of daily life, write down thoughts that come up when you are feeling anxious.

Write down thoughts that you uncover using techniques on the last few pages. Remember to phrase the thoughts as statements.

Date	Situation	Thought