Figure 7.1
Guided Discovery: Using Emotions to Elicit Automatic Thoughts

Focus on Emotions
- Validate emotions, do not challenge or modify

Observe and Respond to Mood Shift
- Verbal cues
- Nonverbal cues
  Ask: “What was just going through your mind?”

Consider Point in Time
- Before
- During
- After

Strong Mood Shifts
Negative emotion intensity = negative automatic thought ("hot cognition")

Follow Up on Initial Automatic Thought
- "What else are you thinking?"
- "What are your thoughts about how you responded to this situation?"
- Thoughts part of a core belief?

Struggling to Identify Automatic Thoughts
- Shift from focusing on emotions to physiological arousal
- Focus on the meaning on the event
- Ask to “guess”
- Hypothesize possible thought
- Hypothesize possible thought that might be the opposite