### BEFORE:

**Directions:** When you notice that you are experiencing strong emotions (or body sensations) immediately record any thoughts or image that comes to mind in the “Negative Automatic Thought(s)” column and then finish the rest of the columns.

<table>
<thead>
<tr>
<th>Date/Time Event</th>
<th>Negative Automatic Thought(s)</th>
<th>Emotion(s) (Body Sensation[s])</th>
<th>Behavioral Response</th>
<th>Outcome</th>
</tr>
</thead>
</table>
| I gave a biology presentation in front of the whole class. | (a) “They’re all talking badly about me.” (8)  
(b) 8  
(c) Magnification/minimization; mind reading; catastrophizing | (a) Sweating (9), shaking (8), having a hard time sitting still (8), voice cracking (6), anxious (9), racing thoughts (8)  
(b) 9; 8; 8; 6; 9; 8 | Went to the bathroom after the presentation and cried; social isolation from peers for the rest of the day | (a) Some of my friends asked if I was alright  
(b) “They’re all talking about me behind my back.” “They don’t actually care about me.”; anxiety, anger toward peers |

### AFTER:

<table>
<thead>
<tr>
<th>Date/Time Event (same as above)</th>
<th>Alternative Thought(s)</th>
<th>Alternative Emotion(s) (Body Sensation[s])</th>
<th>Alternative Behavioral Response</th>
<th>Alternative Outcome</th>
</tr>
</thead>
</table>
| I gave a biology presentation in front of the whole class. | (a) **1a. What is the evidence that supports your thought?**  
Friends were whispering and giggling during the presentation; I think they were talking about me (7)  
Friends came to ask if I was okay after the presentation; they must have been talking about me (6)  
**1b. What is the evidence that contradicts your thought?**  
They didn’t interrupt my presentation and they all clapped after I was done. (4) | (a) Calm/relieved (9)  
(b) *(see numbers in parentheses above)* | I wouldn’t go into the bathroom and cry, and I wouldn’t isolate myself from my friends for the rest of the day. I would talk with my friends and be more in the present moment. | (a) I would enjoy my day more since I would be more present.  
(b) Original thought: 5  
Alternative thought: 8 |
Table 7.11
Negative Automatic Thought Record

<table>
<thead>
<tr>
<th>Socratic Techniques:</th>
<th>1. What is the evidence that supports your thought? What is the evidence that contradicts your thought?</th>
<th>2. What is the worst/best/realistic scenario that could happen? What is the probability of each scenario? If the worst scenario happened, how could you cope?</th>
<th>3. Is there any other explanation for what happened?</th>
<th>4. Is there any other explanation for what happened?</th>
<th>5. As your alternative thought? Maybe my classmates are more focused on their own presentations than mine. (6)</th>
<th>6. Are there other people or related factors that could have influenced the outcome of this event, even if a small amount?</th>
</tr>
</thead>
<tbody>
<tr>
<td>3. Is there any other explanation for what happened?</td>
<td>Giggling: maybe they were talking about something unrelated, a different class, etc. (5)</td>
<td>Asking if I’m okay: maybe they noticed that I’d been crying and they were worried about me (4)</td>
<td>(b) (see numbers in parentheses above)</td>
<td>(c) What is your alternative thought?</td>
<td>Maybe my classmates are more focused on their own presentations than mine. (6)</td>
<td>(d) (see numbers in parentheses above)</td>
</tr>
</tbody>
</table>