DAILY ACCURATE THOUGHT FORM				
Situation	Emotion(s)	Inaccurate Thought(s)	Accurate Thought(s)	Outcome
Describe the actual event leading to unpleasant emotion	Specify sad/ anxious/angry, etc.	Write inaccurate thought(s) that precede emotion(s)	Write accurate thought(s) to counter inaccurate thought(s)	Rate belief in inaccurate thought(s), 0-100%
Describe the stream of thoughts, daydream or recollection leading to unpleasant emotion	Rate degree of emotion, 1-100	Rate belief in inaccurate thought(s), 0-100%	Rate belief in Accurate thought(s), 0-100%	Specify and Rate subsequent emotion(s), 0-100%

Several questions are helpful for a patient to be able to learn to generate objective accurate thought to their inaccurate thoughts. These questions include:

1. What concrete factual evidence supports or refutes my inaccurate thoughts and beliefs?
2. Are there other ways I could view this situation?
3. What is the worst thing that could happen?
4. What is the best thing that could happen?
5. What is most likely to realistically happen?