

| Daily Accurate Thought Form (ATF) | | | | |
|---|----------------------------------|---|--|--|
| 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?