

APPENDIX

## 5. Automatic Thought Tracker and Four Steps to balanced thinking

Automatic Thought Tracker for use in Step 1.

Four Steps for challenging unhelpful thoughts.

<b>Specific situation</b> What were you doing? Where? When? Who with?	<b>Immediate thoughts and negative predictions</b> Belief level in these thoughts 0–100% (where 0 = none and 100% = totally)	<b>Feelings, mood</b> How bad was the feeling, on a scale of 0–100% (where 100% is the worst possible)?	<b>Body symptoms felt</b>

*The Four Steps for challenging unhelpful thoughts to achieve balanced thinking*

**Step 1:** Start to notice thoughts and feelings; use the Automatic Thought Tracker as your mood changes.

**Step 2:** Notice unhelpful thinking styles (check thinking styles list : page 246).

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**Step 3:** Challenge your unhelpful thoughts and patterns; discover that they may not be 100 per cent true

- Decide how much you believe these thoughts in step 1 are true. Give them a rating from 0 to 100 per cent (0 = not true; 100 per cent totally true).



- Write down any evidence that **supports** these unhelpful negative thoughts.

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APPENDIX

- Write down any evidence that does **not support** these unhelpful thoughts 100 per cent.

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- Think again about how much you believe the automatic thoughts. Has the rating changed?

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**Step 4:** Develop and practise more balanced helpful thoughts

- What would your best friend or someone who cares for you say if they knew of these automatic negative thoughts?

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- What would you say to them if they had these or similar unhelpful thoughts?

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OVERCOMING CHRONIC PAIN

- Are there any strengths or positives in you or the situation that you are ignoring?

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**Write your balanced thoughts here.**

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Rate your overall **confidence** level in this balanced thinking (0 to 100 per cent)

