

AUTOMATIC THOUGHTS BASELINE CHART

Dr. Jane Bolton, PsyD, LMFT, CC
 Psychotherapy and Master Results Life Coaching

The first steps to managing your feelings are 1) **noticing** when you feel distress (anger, hurt, fear, guilt, and shame for example), then 2) **identifying** the thoughts that trigger and maintain the feeling. As you learn your repeating automatic thoughts, you can begin to look and **see if they are the TRUTH**- or only a belief. If the thought is merely a belief, you can **challenge it and replace it** with a thought that is more supportive to you.

You can print out several copies of this chart and take them with you. Purses, glove compartments and journals can be good private places.

Date/ Time	Situation	Automatic Thoughts (Words/Images) What were the thoughts? How much (0-100%) did you believe each	Emotions What emotions did you feel at the time? Intensity of the emotion (0-10%)?	Body Responses	Your Behavior

Dr. Jane Bolton, a marriage and family therapist, master results coach and contemporary psychoanalyst and is dedicated to supporting people in the fullest self expression of their Authentic Selves. This includes Discovery, Understanding, Acceptance, Expression, and Empowerment of the Self. Call 310.838.6363 or visit www.Dr-Jane-Bolton.com