

**Symptom Monitoring: Basic Form**  
(See next page for an example completed form)

**Trigger**

(Internal or External):

**Automatic Thoughts**

(Things that I Assume are True) (% out of 100%):

**Discomfort Level (0-10):**

**Behavior**

(Things I Did; Things Observable to Others):

**Dispute the Automatic Thoughts**

(Possible Alternative Viewpoints):

**Discomfort Level:**

**New Behavior or Plan of Action:**

(i.e. Fight Maladaptive Thoughts &/or Engage in Pro-Active Behavior):

## **Symptom Monitoring: Basic Form**

### **Trigger**

(Internal or External):

*Friend doesn't return my telephone call after 48 hours.*

### **Automatic Thoughts**

(Things that I Assume are True) (% out of 100%):

*He doesn't like me (This seems 100% true);*

*No one likes me (This seems 75% true);*

*I'm unlovable (This seems 99% true).*

### **Discomfort Level (0-10): 7**

*(I am also experiencing an overwhelming feeling of fatigue).*

### **Behavior**

(Things I Did; Things Observable to Others):

*Go to bed. Avoid answering phone when it rings. Nap. Isolate for 3 hours. Skip my exercise class at the gym.*

### **Dispute the Automatic Thoughts**

(Possible Alternative Viewpoints):

*It's only been 48 hours. Maybe my friend is out of town. Even if he doesn't return my call, it doesn't mean I'm unlovable. I know that I always assume no one likes me. My usual maladaptive thinking errors are "jumping to conclusions" (No one likes me), "ignoring positive data" (My friend has been loyal to me for the past two years) and "all or nothing thinking" (If my friend doesn't call me it means that I am unlovable). I'm using all three of these thinking errors right now. I'm making assumptions without any evidence.*

### **Discomfort Level: 4**

*(I still feel tired).*

### **New Behavior or Plan of Action:**

(i.e. Fight Maladaptive Thoughts &/or Engage in Pro-Active Behavior):

*Get out of bed. Remind myself that isolating only makes me feel more unlovable. Identify a "tolerable" pro-active behavior that involves some contact with people: decide to go to the gym to take a hot tub and sauna. Once I'm at the gym, I have more energy and decide to exercise. I say "hi" to a few people who smile at me. Later, when I get home, I'm proud of myself for fighting my fear, challenging my maladaptive thinking and for being pro-active rather than passive.*