

Automatic Negative Thought Worksheet for Cognitive Behavioral Therapy

Introduction

A key ingredient of cognitive behavioral therapy (CBT) for alcohol use disorder is discussing automatic negative thoughts that may trigger drinking (see “Cognitive Behavioral Therapy Techniques in Alcohol Use Disorder” for more information). This is a template of a worksheet you can use with your patients to facilitate this technique. Typically, you and your patient would fill out one of these worksheets together during a visit, and then you would ask your patient to do this exercise at least once every week as a homework assignment, and to bring the completed worksheet to the next visit for discussion. This template includes an example from the vignette discussed in the CBT fact sheet. You can download this template and adapt it as needed for your practice setting.

Date	Situation	Automatic Negative Thought	Emotions	Behavior	Rational Positive Response
June 1	Difficult phone call with parent	“She doesn’t care about me.”	Hopelessness, anger	Drank two bottles of wine	“She does care and wants to help me.”