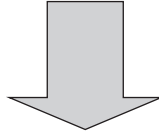## Form 8.2: Downward Arrow: Identifying Core Automatic Thoughts
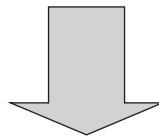
Sometimes the alternative thoughts you're coming up with don't seem very believable. This may because there are *core* automatic thoughts driving your initial negative thoughts. Use this form to explore the thoughts that might be beneath the surface of your first automatic thought.

First Automatic Thought: _____

If this were true, what would it mean about me? Why does this matter to me?
What would happen if this were true? What would happen next?

Core Automatic Thought: _____
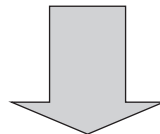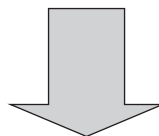

If this were true, what would it mean about me? Why does this matter to me?
What would happen if this were true? What would happen next?

Core Automatic Thought: _____

If this were true, what would it mean about me? Why does this matter to me?
What would happen if this were true? What would happen next?

Core Automatic Thought: _____

If this were true, what would it mean about me? Why does this matter to me?
What would happen if this were true? What would happen next?

Core Automatic Thought: _____