## 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: \_\_\_\_

David H. Barlow, Shannon Sauer-Zavala, Todd J. Farchione, Heather Murray Latin, Kristen K. Ellard, Jacqueline R. Bullis, Kate H. Bentley, Hannah T. Boettcher, Clair Cassiello-Robbins Unified Protocol for Transdiagnostic Treatment of Emotional Disorders. © 2018 by Oxford University Press