



Rational Thought Progress Tracking Form

Date: _____

Description of situation:

Automatic thought(s):

Evidence:

Type of irrational thought(s):

Rational "replacement" thoughts:

Corrected irrational thinking on spot? (circle one) Yes No

Description of situation:

Automatic thought(s):

Evidence:

Type of irrational thought(s):

Rational "replacement" thoughts:

Corrected irrational thinking on spot? (circle one) Yes No

Description of situation:

Automatic thought(s):

Evidence:

Type of irrational thought(s):

Rational "replacement" thoughts:

Corrected irrational thinking on spot? (circle one) Yes No