

Interpersonal Style Monitoring Sheet

Use this form to record problem situations and your responses. Follow the additional instructions in the column headings.

Situation	Automatic Thoughts Rate your belief in the thought (0%–100%)	Emotions Rate the intensity of your emotions (1–10)	Behavior Check the appropriate box: Aggressive: "A" Passive: "P" Passive-Aggressive: "PA" Assertive: "AS"	Alternative Assertive Response (if your behavior was nonassertive)
A friend owes me money.	He's always taking advantage of me: 50%	Anger: 6 Resentment: 7	A <input type="checkbox"/> PA <input checked="" type="checkbox"/> P <input type="checkbox"/> AS <input type="checkbox"/> I "forget" to bring money the next time we go out.	I ask him to pay for dinner to pay me back.
			A <input type="checkbox"/> PA <input type="checkbox"/> P <input type="checkbox"/> AS <input type="checkbox"/>	
			A <input type="checkbox"/> PA <input type="checkbox"/> P <input type="checkbox"/> AS <input type="checkbox"/>	
			A <input type="checkbox"/> PA <input type="checkbox"/> P <input type="checkbox"/> AS <input type="checkbox"/>	
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