Dealing with Automatic Thoughts

Our thoughts affect our mood and our actions. Being aware of what we are thinking and whether we are following unhealthy thought patterns is important for our mental wellbeing. Thoughts that happen as an immediate reaction are automatic thoughts. These can keep us trapped in unhealthy patterns and do not serve us.

Use the worksheet below to help you track your trigger, your automatic thought, and write down a new thought that you can replace it with. We have filled in an example for you:

Trigger	Automatic Thought	New Thought
I wish I hadn't said that.	I always say the wrong thing. Now they will think I'm dumb.	I could have said something else, but I'll have more chances to have better conversations.