

Identifying automatic thoughts

A worksheet for when you feel stuck answering:
"What was just going through my mind?"

Remember: A thought is a mental event, not an automatic fact. Identifying unhelpful or inaccurate thoughts is the first step toward shifting how you feel.

- 1 When you notice a sudden change in your mood or body (e.g., a spike in anxiety, sadness, or frustration), pause and ask yourself: "**What was just going through my mind?**"

- 2 What am I **definitely not** thinking right now? Naming the extreme opposite helps bring your real thought into focus.

- 3 What does this situation mean to me?

- 4 Am I making a prediction or remembering something?