

## Automatic Thoughts Challenger Worksheet

Most of the time our thoughts happen so quickly that we don't realise how they are impacting on our emotions, feelings and our lives. These are automatic thoughts. For some of us they may be negative and we learnt these thought patterns from someone else. It is really their voice that is going on inside our heads.

Taking time to slow down using meditation will help you recognise these thought patterns will allow you to take back control. You can then start to challenge and change them.

Trigger	Automatic Thought	Challenge This: Ask yourself "How true is that thought?"	New Thought
<p><b>Example</b> You made a mistake at work.</p>	<p>I'm a failure, I always make mistakes. I'll be lucky if they don't fire me.</p>	<p>Am I really a failure because of one mistake? Who always said that to me in the past? My ex/mum/dad/last boss. They told me I always mess up, I'd never amount to anything. That's not true I've already achieved so much. Such as ....(list out examples here.)</p>	<p>Okay I made a mistake that could happen to anyone. I'll correct this like I always do. I know I can ask for help if I don't know how to remedy this.</p>


