

# Identifying Automatic Thoughts Worksheet

<p><b>Situation</b></p> <p>Describe the upsetting situation (just the facts!).</p>	<p><b>Thoughts</b></p> <p>Describe 2-3 thoughts that popped into your mind. When we're feeling bad, these thoughts are often negative.</p>	<p><b>Feelings</b></p> <p>What feelings did you have in response to these thoughts? (sad, anxious, angry, guilty, etc.)</p>	<p><b>Thinking Traps</b></p> <p>What thinking traps were you falling into?</p>

