Automatic Thoughts

Our thoughts control how we feel about ourselves and the world around us. Positive thoughts lead to us feeling good and negative thoughts can put us down. Sometimes our thoughts happen so quickly that we fail to notice them, but they can still affect our mood. These are called *automatic thoughts*.

Oftentimes, our automatic thoughts are negative and irrational. Identifying these negative automatic thoughts and replacing them with new rational thoughts can improve our mood.

Trigger	Automatic Thought	New Thought
Example: I made a mistake at work	"I'm probably going to be fired. I always mess up. This is it. I'm no good at this job."	"I messed up, but mistakes happen. I'm going to work through this, like I always do."