Challenging Automatic Thoughts

- Each day, identify moments where you noticed automatic thoughts and impulses popping up. Write down what happened, what thoughts were popping up.
- Circle ones you recognize as irrational or counter-productive.
- Write down corrected thoughts and challenges to irrational and counter-productive ones

What happened? _____

Automatic Thoughts _____

_____

Corrected Thoughts/Challenges _____

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What happened? _____

Automatic Thoughts _____

_____

Corrected Thoughts/Challenges _____

_____

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What happened? _____

Automatic Thoughts _____

_____

Corrected Thoughts/Challenges _____

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