

Challenging Automatic Thoughts

Our thoughts impact our mood, our beliefs about ourselves and our perception of the world around us. Sometimes thoughts occur so quickly that we have little or no awareness of them. When this happens in response to a situation, we refer to them as *automatic thoughts*.

Automatic thoughts are dysfunctional when they increase our distress or reinforce negative beliefs we hold. These are referred to as *negative core beliefs*.

Activating Event	Automatic Thought <i>(Optionally, identify the cognitive distortion)</i>	Thought Reframe
Example: My manager hasn't returned my email.	She's angry with me. I'm going to end up getting fired. (Mind reading, catastrophizing/predicting the future)	She seemed pleased with my work lately. It's more likely something else is delaying her.