

DEALING WITH SADNESS

1 Identify your automatic thought(s).

Consider how the thought relates to your behaviour(s) and feeling(s).

Trigger/
Situation

Automatic Thought(s)

Behaviour(s)

Feeling(s)

2 Challenge the thought(s).

Does it include...

- All-or-nothing Thinking
- "Must"/"Should" Statement
- Catastrophizing
- Overgeneralizing
- Discounting the Positive
- Emotional Reasoning
- Personalizing
- Mind Reading

If you want to review what any of these mean, check out the detailed explanation

What evidence **supports** the thought?

What evidence is **against** the thought?

3 Reword/reframe the thought(s) without the unhelpful part.

Reword/reframe the thought

Does this new, reframed thought use any unhelpful thinking styles?

Yes

No

4 Consider the situation with the new thought(s).

How does this influence your behaviours and feelings?

How does the new thought make you feel?

How might you act/behave with the new thought?

Try noticing these "thinking traps" and use this new thought whenever you face the old automatic thought.