

## AUTOMATIC THOUGHTS

*Understanding your automatic thoughts and choosing a different reaction.*

*Think about situations where your automatic thoughts led you to reflexively react in ways that weren't the best. Consider how you could have responded more resiliently if you had thought more deliberately about the situation:*

Event/Situation	My Automatic Thought	My Reaction (emotion and/or behavior)	New Reaction (emotion and/or behavior)
<i>Example: Bert was grumpy this morning</i>	<i>Example: What a jerk</i>	<i>Example: It made me angry; I felt violated</i>	<i>Example: I could have felt compassion and asked if he was ok</i>