

Let's start working on...

# Chanelling Automatic Negative Thoughts



Reflect not React!

What happened? Identify the problem. Isolate everything else.  
What is stressing you out, and what are you feeling?



Take a deep breath and focus on that one thought and feeling.  
Let it sink in. You're aware. What negative thoughts am I  
clinging to that I can change?

# Channelling Automatic Negative Thoughts



Reflect not React!

Is your stress lowering? Do you feel more aware? If so, explain why. If not, write down why you feel overstressed and how you can change your perspective on the situation.

---

How can I reframe my thoughts and motivate myself to think differently about this situation? What one realistic goal can I use to start managing my negative thought pattern?