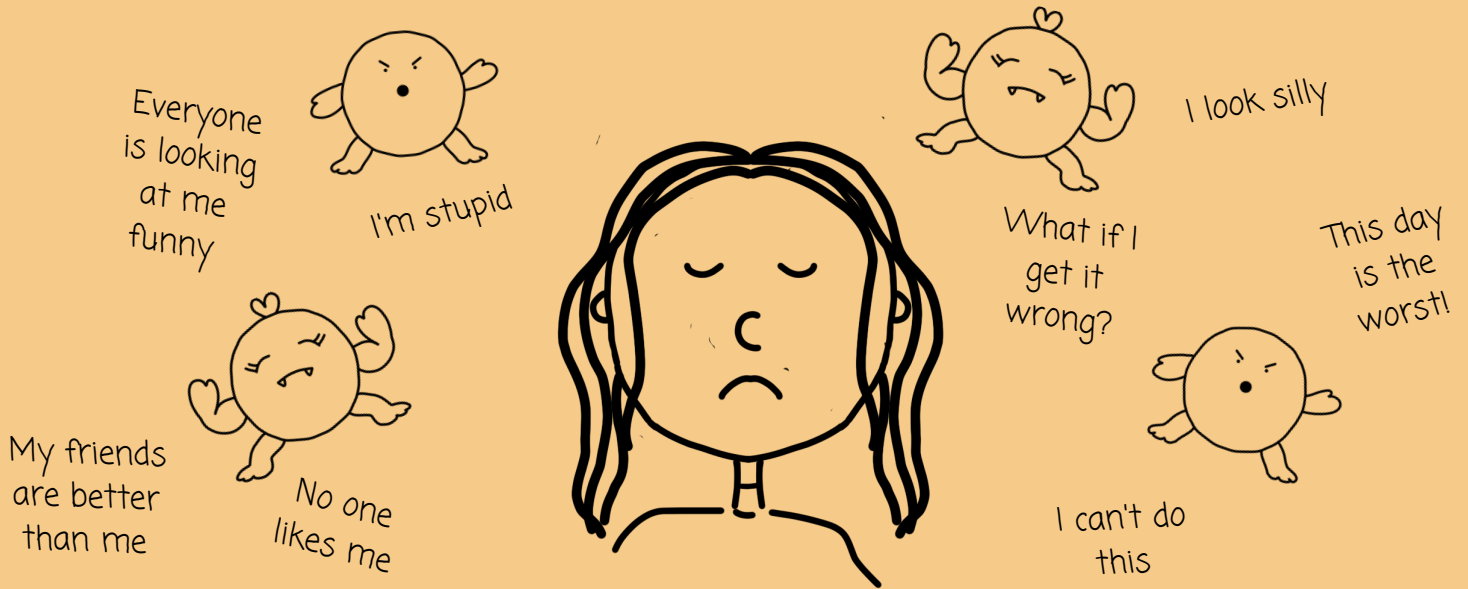


Negative Automatic Thoughts (NATs)

NATs are Negative Automatic Thoughts that pop into our heads and make us think unhelpful and 'bad' things. Everyone has NATs sometimes, but they become a problem when they start having an impact on the way we feel and stop us from doing or enjoying things.

When we have a problem with NATs, we think lots of unhelpful or negative things. These thoughts seem to appear from nowhere and happen a lot!



Everyone's NATs are different. What thoughts do you have when you have a NATs problem?

It's important to know about NATs because, once we know about them, we can start to challenge them and reframe them in a more helpful way. Try to think of helpful thoughts when you notice a NAT has popped in to your head. Or, try to tell yourself 'this is just a NAT and I know the thought will pass'.



It's all linked

Thoughts

Fight back against your NATs and try to reframe them in a more helpful way.

Feelings

Feel better, happier and calmer

Do

Do more and get more from life