Automatic Thoughts

Our thoughts impact how we feel about ourselves and the world around us. Thinking positively tends to make us feel good, whilst negative thoughts can easily bring our mood down. Many thoughts happen so fast we don't even consciously register them, but they still may impact how we feel – these are known as **automatic thoughts**. Often, these quick thoughts are unhelpful, negative, and not based on facts. Learning to notice these negative automatic thoughts and replacing them with more realistic and balanced thoughts can improve our mood.

Trigger	Automatic Thought	New Thought
Example: I made a mistake	"I'm a failure"	"People make mistakes, learning from it is important"