Automatic *Thoughts*

Notice it, question it, replace it

Root & Bloom Therapy

Automatic thoughts are the quick, quiet ideas that pop into our minds without us choosing them. They can shape how we feel before we even notice them. When a thought is harsh or untrue, we can catch it and swap in a fairer one. Use the chart below to practice.

Situation What happened?	*Automatic thought* What went through my mind?	*New thought* A fairer, more balanced view	*Mood* Rate 0–10
EXAMPLE *My boss asked to talk after the meeting.*	*"I'm in trouble. I always mess things up."*	*"I don't know what this is about yet. I've handled feedback before, and I can handle this."*	*Before: 8* *After: 4*
			Before _____ After _____
			Before _____ After _____
			Before _____ After _____
			Before _____ After _____