

Thoughts and Mood

Our feelings have a direct connection to our thoughts. Our thoughts of which are mostly automatic. They just pop up and we react both emotionally and behaviourally without evaluating what our thoughts actually mean! Exploring our thoughts, and their accuracy, can have a positive impact on our feelings, mood, and behaviours.

What thoughts do you have that worry you or distress?

Why are these thoughts worrying or distressing?

Label emotions and symptoms you have experienced.

Anxiousness

Tiredness

Sadness

Sleep disturbances

Increased heart rate

Headaches

Alcohol or drug use

Agitation

Withdrawing socially

Muscle aches

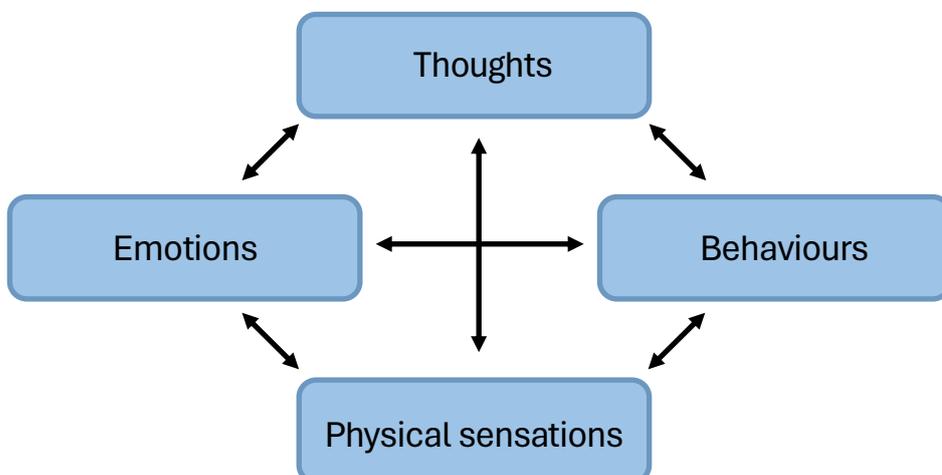
Concentration issues

Other

What are your motivations for working with these thoughts?

How would life be if these thoughts didn't affect you so strongly?

CBT Formulation



Maintenance Factors

Unhelpful beliefs
Negative automatic thoughts
Avoidance
Safety behaviours
Unhelpful thinking patterns