

# Identifying Automatic Thoughts

*Giving words to describe our thoughts allows us to have a sense of control over the emotions that drive us.  
This exercise is designed to help you learn to harness the power of descriptive words and phrases.  
With continued practice, this will become natural and effortless over time.*

|  |   |
|--|---|
| <b>Sad</b> , blue, depressed, down, disappointed, unhappy                      | % |
| Thoughts:  |   |
| <b>Anxious</b> , worried, panicky, fearful, scared, nervous, frightened, tense | % |
| Thoughts:  |   |
| <b>Guilty</b> , remorseful, bad, ashamed                                       | % |
| Thoughts:  |   |
| <b>Inferior</b> , worthless, inadequate, defective, incompetent                | % |
| Thoughts:  |   |
| <b>Lonely</b> , unloved, unwanted, rejected, alone, abandoned                  | % |
| Thoughts:  |   |
| <b>Embarrassed</b> , foolish, humiliated, self-conscious                       | % |
| Thoughts:  |   |
| <b>Hopeless</b> , discouraged, pessimistic, despairing                         | % |
| Thoughts:  |   |
| <b>Frustrated</b> , stuck, thwarted, defeated                                  | % |
| Thoughts:  |   |
| <b>Angry</b> , mad, resentful, annoyed, irritated, upset, furious              | % |
| Thoughts:  |   |