

Using Helpful Thoughts to Cope with Something Stressful

Write down a difficult or stressful situation that you might have to face in this week, or one that seems to happen to you often:

Now, name two or three **automatic thoughts** that have occurred to you when facing this or similar situations in the past. For each of those automatic thoughts, list a feeling or feelings that it will trigger.

Thought	Feeling(s)

Now, list five coping thoughts that will help you feel better if this situation happens:

- 1.
- 2.
- 3.
- 4.
- 5.