



HELPFUL HINTS

Questions to Help Identify Automatic Thoughts

- What was going through my mind just before I started to feel this way? (General)
- What images or memories do I have in this situation? (General)
- What does this mean about me? My life? My future? (Depression)
- What am I afraid might happen? (Anxiety)
- What is the worst that could happen? (Anxiety)
- What does this mean about how the other person(s) feel(s)/think(s) about me? (Anger, Shame)
- What does this mean about the other person(s) or people in general? (Anger)
- Did I break rules, hurt others, or not do something I should have done? What do I think about myself that I did this or believe I did this? (Guilt, Shame)