

Automatic Thoughts Challenge

Go through this exercise with the emotions and automatic thoughts you uncovered in Step 3. Reference page 77 of *Brain-Powered Weight Loss* for an example of how to fill out this worksheet. Every time you feel the same negative voice in your head, come back to this exercise. Always keep in mind that your emotions are dominated by thoughts, however unconscious they may be.

1. Ask Yourself

What was the thought?

Translate what is this thought telling me?

How does this thought make me feel?

How much do I believe this thought on a scale of 1-10, with 10 being the most?

If I didn't think this way, how could I look at the situation differently?

2. Look for the Evidence

Is there any truth to this thought? Actual evidence, not just my opinion?

State the evidence to support my thought:

State the evidence against it:

How would someone neutral view this situation?

3. Modify The Thought

What's a more rational way for me to look at the situation?

What would I tell someone in the same situation?

What could I be telling myself instead?
