



# Exercise: Breaking away from automatic thoughts

---

## Goal

You will learn to recognise and question automatic thoughts.

## Instructions

Automatic thoughts often occur in generalised anxiety disorder. Read the list of automatic thoughts and consider whether you have any of them.

If you recognise that you have automatic thoughts, you can write down examples of situations in which they occur. Consider how you could think differently in these situations.

## Example

Example: "During a development discussion, I received a lot of praise and one slightly negative comment from my supervisor. I ignored the praise completely and now I only remember that one negative comment."

---

## Examples of thoughts

- I feel like everyone is against me.
- I feel like I'm a bad person.
- Nobody understands me.
- I'm very disappointed in myself.
- I can't bear this any longer.
- I've been a failure in my life.
- I'll never survive this.
- It's not even worth trying.
- Nothing feels good anymore.
- I can't get started on anything.
- What's wrong with me?
- I'm too weak.
- I'm worthless.
- I've disappointed other people.
- If only I were a better person.



## My own automatic thoughts