

Contents

Thoughts, Feelings and What You Do	
p2	The magic circle
p4	The negative trap
p5	The IF/THEN quiz
p6	What I think, what I do or how I feel
Automatic Thoughts	
p7	Thoughts and feelings
p8	My 'hot' thoughts
p9	Nice thoughts about myself
p10	Nice thoughts about my future
p11	Unpleasant thoughts about myself
p12	Worrying thoughts about what I do
p13	What are they thinking?
p14	What are they thinking?
p15	What are they thinking?
Thinking Errors	
p16	Thinking error diary
p17	What thinking errors do you make?
Balanced Thinking	
p19	Looking for evidence
p20	Balanced thinking thought diary
Core Beliefs	
p21	Identifying core beliefs
p22	Challenging core beliefs
p23	Common beliefs
Controlling Your Thoughts	
p24	Test your thoughts and beliefs
p25	The thought challenger
p26	Positive self-talk
p27	Coping self-talk
How You Feel	
p28	Thoughts and feelings
p29	Activities and feelings
p30	The Feeling Finder word search
p31	What feeling goes where?
p32	What happens when I feel sad?
p33	What happens when I feel angry?
p34	What happens when I feel anxious?
p35	What happens when I feel happy?
p36	Feelings and places
Controlling Your Feelings	
p38	My relaxing activities
Changing Your Behaviour	
p39	Activity Diary
p40	Things that make me feel good