**Practice Positivity**

**Identify Automatic Thoughts and Connecting them to Thinking Traps**

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| **Situation****Describe a difficult situation that came up for you this week** |  |
| **Thoughts****Name 2-3 automatic thoughts that you had in this situation** |  |
| **Feelings****Try to identify what feelings your negative thoughts created** |  |
| **Thinking Traps****What thinking traps were you falling into?****(Thoughts that trap you in anxious or negative thoughts)** |  |