**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)** |  |