

# Noticing Your Thoughts

## Cognitive Behavioral Therapy

### Lets Practice

Often times, the thoughts we have are automatic, meaning they pop in our head without us even noticing. You can practice noticing the thoughts that pop in your head which can then help identify helpful and unhelpful thinking patterns. Here's how:

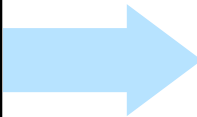
1. Right down things that happen around you. Write this down in the "EVENT" box.
2. Then, pay attention to what thoughts you have about that event. Write this down in the "THOUGHT" box.



 <b>EVENT</b>
What happens in the environment. Facts.

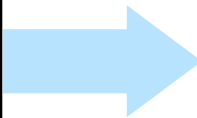
 <b>THOUGHT</b>
Internal conversations inside your brain

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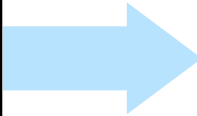
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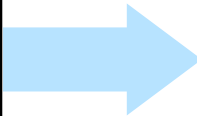
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