

# Automatic and Coping Thoughts

All day every day, we have automatic thoughts that are either positive, neutral, or negative. These thoughts come on quickly and have a big impact on how we feel. For example, negative or unhelpful thoughts can cause us to feel fear, sadness, or worry.

But we aren't powerless to these thoughts and feelings. By practicing creating more accurate and helpful thoughts called *coping thoughts*, we can better manage our busy minds.

Automatic Negative Thoughts	Coping Thought Examples
I'm going to fail.	<ul style="list-style-type: none"> <li>I may not do as well as I want to, but I might do ok.</li> <li>It's just one test. Even if I fail, I'll still pass the class.</li> </ul>
Nobody likes me.	<ul style="list-style-type: none"> <li>Some people like me, even if others don't.</li> <li>I at least have a couple of friends.</li> </ul>
My parents are going to be so upset.	<ul style="list-style-type: none"> <li>Even if they're really mad, they'll eventually forgive me.</li> <li>I don't know how they're going to react.</li> </ul>
I'm such an idiot.	<ul style="list-style-type: none"> <li>Maybe this isn't for me, and that's okay.</li> <li>This is really hard, but that doesn't mean I'm an idiot.</li> </ul>
Nothing ever goes right for me.	<ul style="list-style-type: none"> <li>It's not true that nothing ever goes right for me.</li> <li>It's been rough lately, but maybe something will go my way soon.</li> </ul>
It's all my fault.	<ul style="list-style-type: none"> <li>I didn't have control over the situation, so it's not fair to blame myself.</li> <li>I learned something from this, and I'll make different choices next time.</li> </ul>