

CBSST: RECOGNIZING THOUGHTS

Thoughts are linked to feelings: If you notice a change in your feelings, you can look more closely at your thoughts.

People with unhealthy thinking often have thoughts like:

- "I can't learn anything"
- "There's no point in trying"
- "I can't trust anyone"
- "Things will never get better"
- "I'm too sick to do what I need to do"
- "I'll never be able to stop drinking (or using)"
- "I can't change the way I am. I was born this way"
- "People won't like me because I have strange thoughts"
- "My medical problems stop me from doing anything fun"



How do these thoughts make you feel? (Which emotions?):

What choices do you make and what things do you do when you have these thoughts?

Do you recognize you are having thoughts like these, or do you first notice a change in your feelings?

Group Discussion Topic: Discuss what types of thoughts cause you the most trouble. Review the Common Thoughts Checklist handout for help. Remember, thoughts are linked to feelings and behaviors!

How do those thoughts make you feel?

How do unpleasant emotions affect what you do?

Adapted from the Minneapolis VA CBSST manual