



THE DIVORCE FAIRY

# AUTOMATIC THOUGHTS

IN SPECIFIC SITUATIONS, LIMITING BELIEFS CAN INFLUENCE YOUR PERCEPTION OR UNDERSTANDING OF THAT SITUATION. THEY CAN DRIVE AUTOMATIC THOUGHTS, ALSO KNOWN AS COGNITIVE DISTORTIONS, WHICH CAN THEN AFFECT YOUR EMOTIONS AND HOW YOU BEHAVE AND OFTEN LEAD TO A PHYSIOLOGICAL RESPONSE.

Think of an automatic thought you have experienced recently. What was it?

When does this automatic thought show itself? Is there a pattern?

What effect does this automatic thought have on you? In your relationship?

What alternative thoughts can you identify?

