

# understanding myself

WE ALL HAVE NEGATIVE AUTOMATIC THOUGHTS (ALSO KNOWN AS: NATS)

SCENARIO	NEGATIVE THOUGHT	TAKE TIME TO RATIONALISE
<p>I GO INTO SCHOOL AND THE FRIENDS THAT I NORMALLY HANG OUT WITH DON'T SAY HI TO ME.</p>	<p>I HAVE NO FRIENDS. EVERYBODY HATES ME. I MUST HAVE DONE SOMETHING WRONG.</p>	<p>MY FRIENDS MAYBE DIDN'T SEE ME. MY FRIENDS ARE MAYBE TALKING ABOUT SOMETHING SERIOUS. THEY WILL FILL ME IN LATER.</p>
<p>MY FRIENDS DON'T LIKE ANY OF MY POSTS ON INSTAGRAM.</p>	<p>DO THEY EVEN LIKE ME? I HAVE NO FRIENDS.</p>	<p>FRIENDSHIP IS NOT LIKES ON INSTAGRAM.</p>
<p>MY PARENTS/GUARDIAN WON'T LET ME GO OUT WITH MY FRIENDS AT THE WEEKEND.</p>	<p>I HATE MY PARENTS. THEY DON'T WANT ME TO HAVE FUN.</p>	<p>THEY DO CARE ABOUT ME. THEY DON'T WANT ME TO BE HARMED.</p>
<p>NOW USE SCENARIOS THAT PROVOKE NEGATIVE THOUGHTS WITHIN YOUR OWN LIFE. GO THROUGH THE TABLE TO SEE HOW YOU COULD CHANGE YOUR THOUGHT PATTERNS.</p>		