Worksheet 2. Identify Your Habitual Thoughts

Identify your habitual thoughts.
List as many of your problematic, habitual thoughts as you can.

For example, I can't do this. What if I fail? What if I'm sick?

<u>Second Part:</u> Put an asterisk* next to the most common ones.

<u>Extra Exercise</u>…Can you identify, which thoughts produce which physical symptoms, if so, write next to them what they are

Thoughts/Statements	Physical Symptoms

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