WORKSHEET 6.2:
WHAT ARE THOUGHTS?

• Thoughts are all the things we tell ourselves (as if we were having a conversation in our mind).

• We can have several thoughts at any given moment. Some of them contradict each other.

• We are conscious of some thoughts and not of others.

• Our thoughts can help us or harm us.

• Our thoughts almost always affect our mood.

• If we can become aware of the many types of thoughts we have, we can learn to use them to achieve a healthier mood.

Pregnancy and having a new baby are special times in my life...