

## 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.