

WORKSHEET 4.1: WHAT ARE THOUGHTS?



- Thoughts are “ideas, plans, pictures, or opinions that are formed in your mind”
- Our thoughts almost always affect our mood
- Our thoughts can be helpful or unhelpful. Helpful thoughts make us feel more positive about our lives - they give us energy and hope. Unhelpful thoughts can make us feel depressed or tired.
- If we can become aware of the many types of thoughts we have, we can learn to use them to achieve a healthier mood.