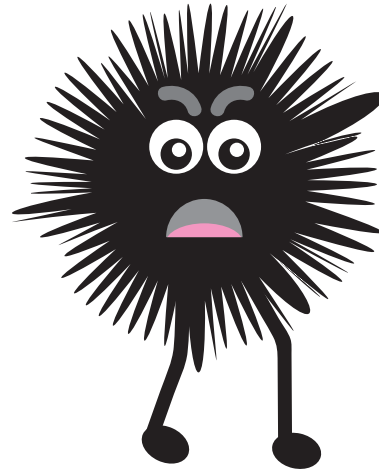


**PATS**

**Positive  
Automatic  
Thoughts**

**vs**



**NATS**

**Negative  
Automatic  
Thoughts**

**What would your PATs say to your NATs when you catch yourself on a negative thought spiral?**

You may find it helpful to write down together your negative automatic thoughts with their corresponding positive automatic thoughts.

When you catch yourself on a downward spiral you can then be really specific with your counteracting thought.

You can also be really proud of yourselves when you notice how many positive automatic thoughts you listen to!

**What would your NATs and PATs creatures look like for you?**  
You might like to spend some time being creative together around this.