**CHALLENGING NATs**

NATs are **NEGATIVE AUTOMATIC THOUGHTS** that pop into our head and make us think bad or unhelpful things. Everyone has NATs sometimes, but they become a problem when they start to make us feel bad a lot of the time and stop us from doing and/or enjoying things.

THOUGHTS

Fight back against your thoughts

BEHAVIOUR

Do more and get more from life

FEELINGS

Feel better, happier and calmer

The important things to remember is that you’re in control of your body and brain. You can go against what the negative thought is telling you. You need to challenge NATs.

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| NEGATIVE THOUGHT  | EVIDENCE TO SUPPORT THIS THOUGHT  | EVIDENCE THAT DOES NOT SUPPORT THIS THOUGHT  | DIFFERENT THOUGHT (POSITIVE) |
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