

# Changing Behavior

In the same situation, new and more accurate thoughts lead to different feelings and reactions.

You have identified your automatic thoughts in response to a stressful situation, and explored what unhelpful thinking patterns you might get stuck in (e.g., all or nothing thinking, jumping to conclusions, using should statements). Now, you can challenge your unhelpful thought and replace it with a thought that is more accurate and helpful. This will ultimately lead to behaviors that are more in line with your goals.

