

Combating Unhelpful Thoughts

What you will learn

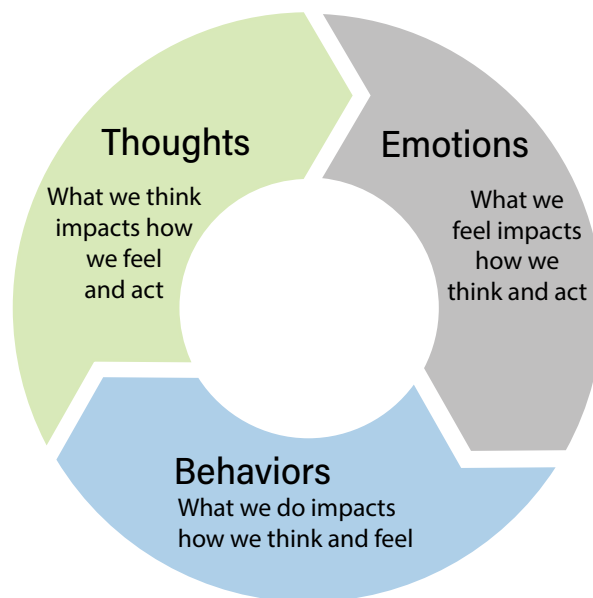
1. What automatic thoughts are
2. How your thoughts impact how you feel and behave
3. The 3 C's to catch, check, and change unhelpful thoughts

What Are Automatic Thoughts?



- Your mind is filled with many thoughts throughout the day.
- Sometimes you are aware of what you are thinking and other times you are not.
- Your past experiences impact the thoughts you have and the way you interpret a situation.
- Some thoughts you have in response to your headache pain and symptoms are unhelpful and increase the duration and severity of your headache pain and symptoms.

How Are My Thoughts, Feelings, and Behaviors Connected?



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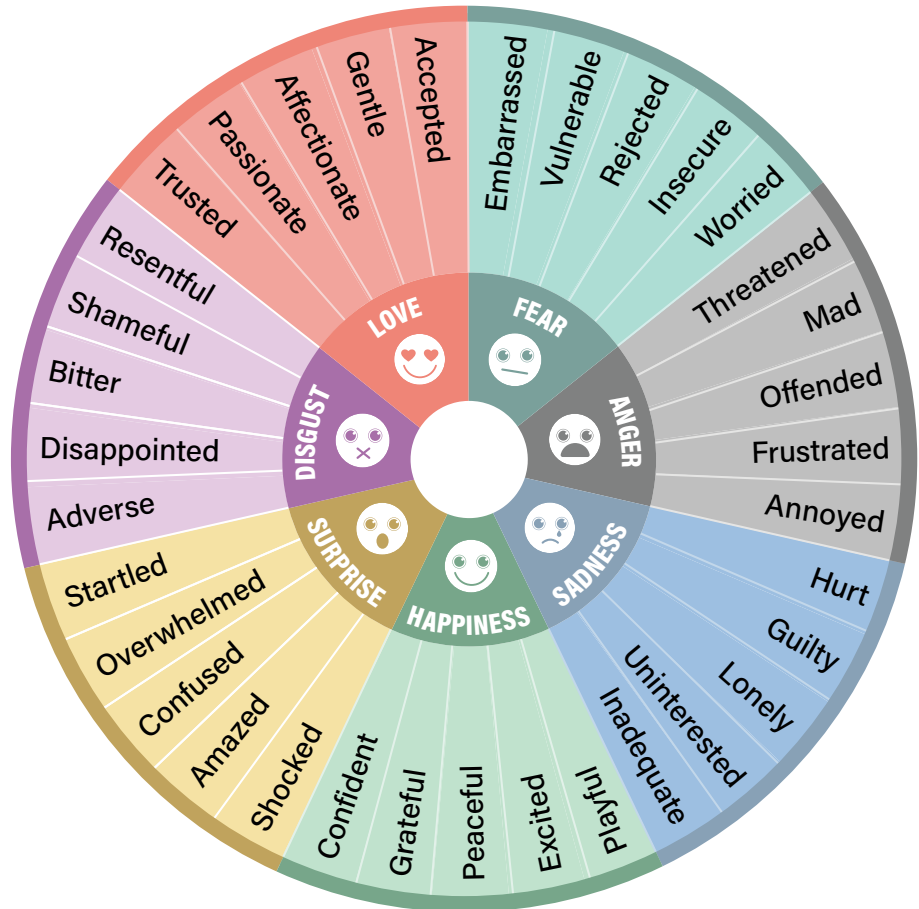


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How Do I feel?

- Many people find it difficult to realize what they are feeling.
- An emotion wheel can help you recognize and label your emotions



How can I use the 3C's to help my headaches?



- Become aware of the thought you're having
- What was happening in the environment or going through your mind?
- Focus on your body sensations to cue you in to your thoughts



- Is what you were thinking true? Don't always believe everything you think!
- Was it a helpful thought?
- Is there another explanation for what happened?



- Replace your unhelpful thought with a more accurate and helpful one
- Sometimes the thought is true but not always helpful
- Use a coping statement

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