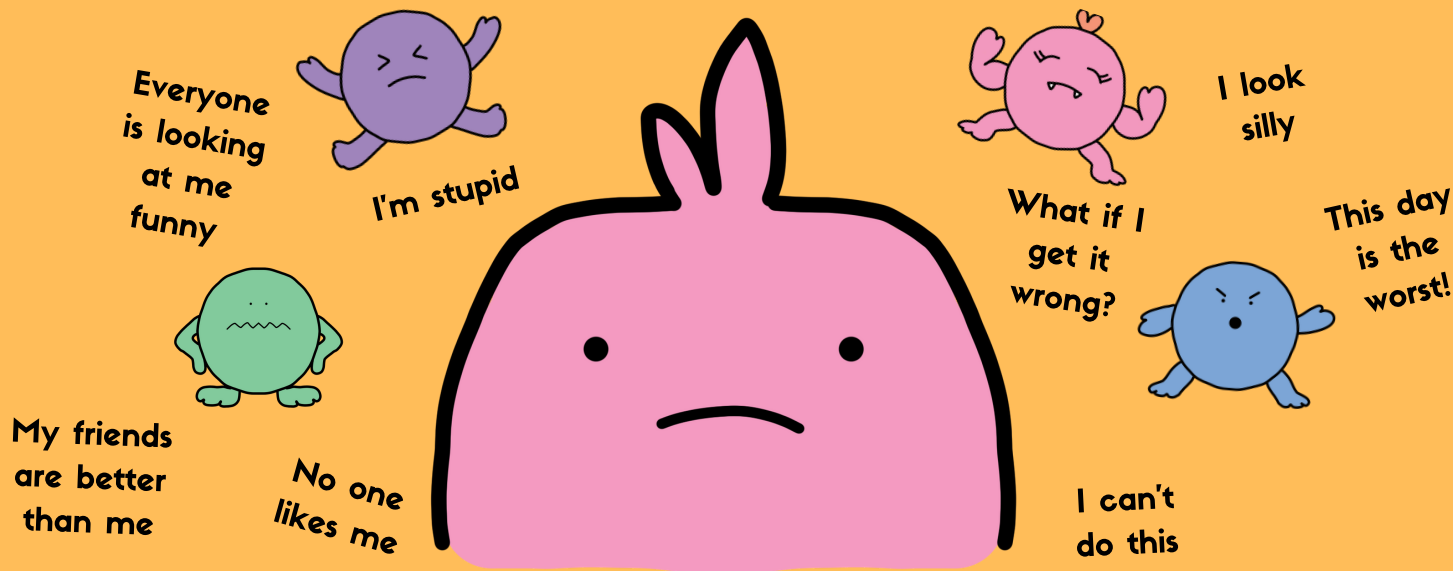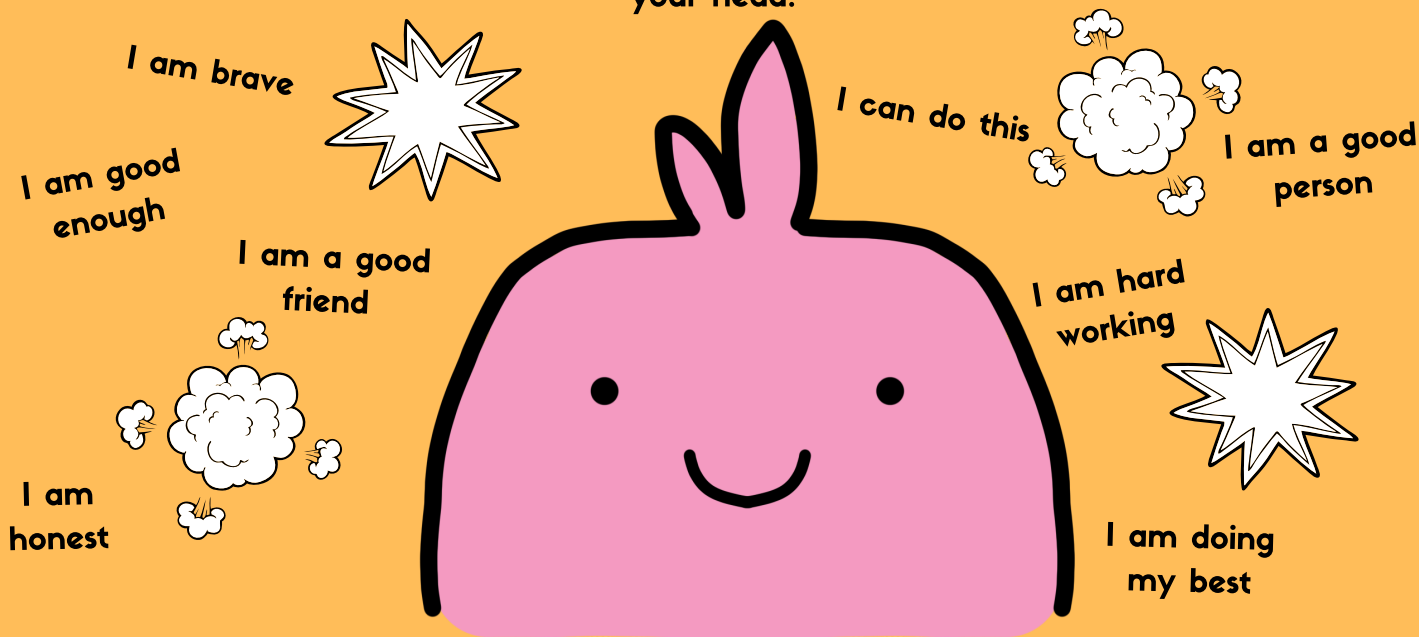# Negative Automatic Thoughts (NATS)

NATS are Negative Automatic Thoughts that pop into our heads and make us think unhelpful and bad 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/enjoying things.

When we have a problem with NATS, we think lots of bad or negative things and these thoughts seem to appear from nowhere and happen a lot!

Everyone is looking at me funny

I'm stupid

I look silly

What if I get it wrong?

This day is the worst!

My friends are better than me

No one likes me

I can't do this

What thoughts do you have when you have a NATS problem?

It's important to know about NATS because, once we know about them, we can start to get rid of them. Try to think of positive and good thoughts when you notice a NAT has popped in to your head.

I am brave

I am good enough

I can do this

I am a good person

I am a good friend

I am hard working

I am honest

I am doing my best

It's all linked

Thoughts
Fight back against your NATS and think more positive thoughts

Do
Do more and get more from life

Feelings
Feel better, happier and calmer