

Automatic Negative Thought Videos

Sushi train-explains how to observe thoughts and not get stuck

<https://www.youtube.com/watch?v=tzUoXJVI0wo>

automatic negative thoughts video explanation Wellcast

<https://youtu.be/m2zRA5zCA6M>

Pop Negative Talk

<https://youtu.be/WzkwxZepzYE>

Activity-use balloons to write negative thoughts on, pop the balloons and then create new thoughts

Happify-How to Defeat Negative Thinking

https://www.youtube.com/watch?v=XLY_XXBQWE

Healios Healthcare-Thinking Traps 1

<https://www.youtube.com/watch?v=IDcSTuNgZX0>

Fig.1 University of California- Your Brain is Wired for Negative Thoughts

<https://www.youtube.com/watch?v=3ThUrVXz9j0>