

# Quick Connect: Identifying Unhelpful Thoughts

## Learning Objectives:

- Learn and internalize the PACT method for identifying unhelpful thoughts
- Identifying and understanding common thought distortions, and how to adjust thinking.

## Part 1: Opening (1 minute)

"When things get tough, our thoughts can make everything feel worse. This is called a "thought distortion", and it is really common. Let's learn a quick way to check those thoughts."

## Part 2: PACT Method (3 minutes)

Introduce PACT method with their current situation:

1. **P** - Pause the thought
  - "What thoughts are running through your head right now?"
  - Listen without judgment
2. **A** - Analyze the evidence
  - "Let's look at this carefully. Is this thought 100% true? How can you tell?"
  - If you hear words like 'always' or never', it's likely a thought distortion."
3. **C** - Consider alternatives
  - "Could there be other possibilities?"
  - "What would you tell a friend who had this thought?"
4. **T** - Take a new perspective
  - "How could we look at this differently?"

## Part 3: Closing (1 minute)

Practice their new balanced thought together:

- Have them repeat it
- Write it down if possible
- Encourage them to use STAR whenever thoughts feel overwhelming

## Facilitator Notes:

Follow-up. Check how they're feeling. Ensure they have crisis resources if needed.