



How To Manage Negative Thoughts

Challenge Them

- What is the best thing that could happen?
- What is the most likely thing that will happen?
- What is the worst thing that could happen?

Check For Evidence

- What is my evidence for my thinking?
- What is my evidence against my thinking?
- How can I find out if my thoughts are true?

Active Things You Can Do To Change Your State

- Write down your negative thoughts. Unexpressed thoughts make a lot of noise in our mind.
- Identify your automatic thoughts. What cognitive distortion are you using?
- Learn what triggers your negative thoughts. Are you hungry, angry, lonely, tired?
- Put things in perspective.
- Distract yourself. Do something from the list of pleasurable activities.
- Learn to forgive yourself.

Helpful Alternative Thoughts

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| I am not good enough. | I am good enough! |
| I can't do it. | I can do it! |
| Why does this always happen to me? | This is just one bad day. |
| Everything is always my fault. | I can't blame myself for everything. |
| I always fail. | I will learn from this failure. |