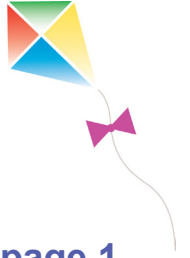


Changing extreme and unhelpful thoughts:



1. Label the thought as 'just one of those unhelpful thoughts'.

- Am I being my own worst critic? (Bias against yourself)
- Am I focusing on the bad in situations? (A negative mental filter)
- Am I making negative predictions about the future? (A gloomy view of the future)
- Am I jumping to the very worst conclusion? (Catastrophising)
- Am I second-guessing that others see me badly without actually checking if it's actually true? (Mind-reading)
- Am I taking unfair responsibility for things that aren't really my fault/taking all the blame?
- Am I using unhelpful must/should/ought/got to statements? (Making extreme statements or setting impossible standards).

2. Stop, think and reflect: Don't get caught up in the thought.

3. Move on and act against it, don't be put off from what you were going to do:

- Don't be put off from what you were going to do.
- Keep active. Face your fears.
- Keep to your plan. Respond helpfully.
- Don't be bullied. Act against the upsetting thought and see what happens.

What things could you do to experiment to undermine and act against the extreme and unhelpful thought?

4. Respond by giving yourself a truly caring response - for example what would someone who loved you wholly and totally say?

Write your summary of what was discussed here:

5. Put the thought under a microscope and ask yourself the 7 thought challenge questions:

What would I tell a friend that said the same thing?

Am I basing this on how I feel rather than the facts?

Changing extreme and unhelpful thoughts:



What would other people say?

Am I looking at the whole picture?

Does it really matter so much?

What would I say looking back 6 months from the future?

Do I apply one set of standards to myself and another to others?

Now, try to summarise what you believe based on your answers to these seven questions: