

# COUNTERACTING NEGATIVE THOUGHTS

The difficulty isn't that we have negative thoughts. The problems come when we believe our thoughts are true.

**1**  **Ask yourself:**   
Is this true?  
Is this thought important?  
Is this thought helpful?

**2** **STOP FIGHTING YOUR NEGATIVE THOUGHTS**  
Little tricks to help "defuse"  
from thoughts and stories in your mind:

**Label your Thoughts**  
"I am having a thought that I am...."  
**Thank your Mind** 

"Thank you, mind. Thank you for trying to keep me safe. But there's nothing that you really need to do right now. I've got it covered."

**Let your Thoughts Float Away**  
Don't attach your feelings to your thoughts or react to them; just let them drift away like clouds.

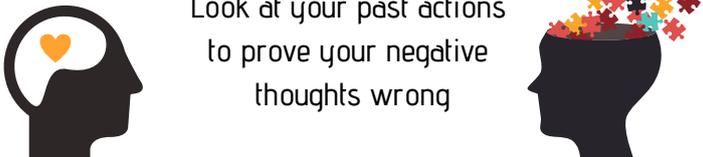
**Name your Stories**  
"Oh this is my \_\_\_\_\_ story that I have heard all before."

**3** **RECOGNISE YOUR ANTS**   
ANTS are Automatic Negative Thoughts  
Try to identify what your ANTs are.  
Once you have done this you can counteract them

**4** **MIND OVER MOOD**  


Use CBT; breaking a scenario down into three parts:  
The Situation  
Your Thoughts  
Your Feelings

Here you can learn to change your behaviour / reaction to the situation, your thoughts and feelings into a more helpful healthy behaviour

**5** **CREDIBLE EVIDENCE AGAINST YOUR NEGATIVE THOUGHTS**  
Look at your past actions to prove your negative thoughts wrong 

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