













Finding Alternative Thoughts

Unhelpful Thinking Habit	Alternative more balanced thought
 Mental Filter	Am I only noticing the bad stuff? Am I filtering out the positives? Am I wearing those 'gloomy specs'? What would be more realistic?
 Mind-Reading	Am I assuming I know what others are thinking? What's the evidence? Those are my own thoughts, not theirs. Is there another, more balanced way of looking at it?
 Prediction	Am I thinking that I can predict the future? How likely is it that that might really happen?
 Compare & despair	Am I doing that 'compare and despair' thing? What would be a more balanced and helpful way of looking at it?
 Critical self	There I go, that internal bully's at it again. Would most people who really know me say that about me? Is this something that I am totally responsible for?
 Shoulds and musts	Am I putting more pressure on myself, setting up expectations of myself that are almost impossible? What would be more realistic?
 Judgements	I'm making an evaluation about the situation or person. It's how I make sense of the world, but that doesn't mean my judgements are always right or helpful. Is there another perspective?
 Emotional Reasoning	Just because it feels bad, doesn't necessary mean it is bad. My feelings are just a reaction to my thoughts - and thoughts are just automatic brain reflexes
 Mountains and molehills	Am I exaggerating the risk of danger? Or am I exaggerating the negative and minimising the positives? How would someone else see it? What's the bigger picture?
 Catastrophising	OK, thinking that the worst possible thing will definitely happen isn't really helpful right now. What's most likely to happen?
 Black and white thinking	Things aren't either totally white or totally black - there are shades of grey. Where is this on the spectrum?
 Memories	This is just a reminder of the past. That was then, and this is now. Even though this memory makes me <u>feel</u> upset, it's not <u>actually</u> happening again right now.