

Changing Unhelpful Thinking – A Beginning

Giving way to unhelpful thoughts can push you into a downward spiral of needless worrying and lack of confidence. You can avoid this by trying some of these tips to cope with your negative thoughts.

Try to see your unhelpful thoughts as being like the school bully...

- If you give in to your unhelpful thought – just as you would to the bully – then that solves the problem in the short term.
The problem is that the bully will come back for more...
- However, if you stand up to the bully, then sooner or later they will give up!

So... Why not stand up to the bully!
Face your fears...

- If a thought tells you not to do something, do it anyway...
It might not be as bad as you think – or you might enjoy it!
- Q.** Why should your thoughts stop you doing what you want to do?

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

- Don't get caught up in the thought – ignore it and move on to something positive.
- React against the thought – don't let it take away your pleasures and achievements.
- Give yourself a kind and compassionate response – just as you would comfort and encourage your best friend.

We all need reassurance from time to time, but...

- Try not to depend on praise or approval from others...
You could end up feeling that you can't do anything without other people's help!

REMEMBER:

- Your thoughts are not facts.
- They are just your opinions and **YOU** are the only one who can change them.

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