



Wonderful Life Academy

Be the best you can be

Challenging Negative Thoughts

Depression, poor self-esteem, and anxiety are often the result of irrational negative thoughts. Someone who regularly receives positive feedback at work might feel that they are horrible at their job because of one criticism.

Their irrational thought about job performance will dictate how they feel about themselves. Challenging irrational thoughts can help us change them.

Answer the following questions to assess your thought:

- Is there substantial evidence for my thought?

- Is there evidence *contrary* to my thought?

- Am I attempting to interpret this situation without all the evidence?

- What would a friend think about this situation?

- If I look at the situation positively, how is it different?

- Will this matter a year from now? How about five years from now?

Exercise 2

Changing negative thoughts

In order to transform negative thoughts and feelings you first need to become aware of them, so here's a short exercise that will help you identify some of the negative thoughts or beliefs that may need changing in you.

Step 1

Complete each of the statements below as honestly as possible stating how you feel right now.

1. *When under **pressure** I*
.....
2. *I often feel **guilty** about*
.....
3. *When mistakes **happen** I feel like*
.....
4. *I am always **trying** to stop from happening.*
5. *When the **unexpected** happens I*
.....
6. *I **always** try to*
.....
7. *The biggest **obstacle** that stops me loving myself is*
.....
8. *What **drives** most of my behaviour is*
.....
9. *I am **afraid** of*
.....
10. *My most frequent emotion is **feeling***
.....

Step 2

Now you have identified your negative beliefs, go back and re-do the exercise writing how you would really **like** to be. For example:

When under **pressure** I ... *panic*

Becomes,

When under **pressure** I ... *think about the situation calmly and ask for support.*

As you write each one really imagine how it feels as if it were true.

So now we know all about choosing a positive attitude and controlling our inner voice how do we make this work in the real world and stay positive.