

REMEMBER: Thoughts are simply Automatic Brain Reflexes... and you can challenge them at any time!

Catastrophising and/or Predicting

Do you find that you're imagining worst case scenarios and believing that they will happen?

Try asking yourself these questions: By believing my worst case scenario am I also believing that I can predict the future? How likely is that? What is a more likely scenario?

Emotional Reasoning

If you feel worried, do you then believe that there must be something to worry about? 'I feel bad therefore things must be bad.'

Thoughts are just your interpretation of a situation – they aren't facts and aren't necessarily true. Remind yourself: just because I feel bad, it doesn't have to mean that things are bad.



THINK ABOUT
YOUR THOUGHTS

Maximise/Minimise

Do you find your imagination is running away with itself and exaggerating risk or danger? Are you minimising the positives and thinking that the odds are stacked towards the negative?

Think carefully about whether you're exaggerating the danger and consider the bigger picture. How would somebody who's judgement you trust see the situation?

Filtering

Do you find that everywhere you look you see negative news and you keep thinking that everything is awful? You may be filtering out the positives without even realising, because they don't fit with the belief that things are 'bad'.

Consider whether you are taking a balanced view or are you only remembering the 'bad' stuff and not noticing the good? Ask yourself, what's the most realistic way of looking at this? If reading the news is feeding into this way of thinking, try adding some 'Good News' sources to your browsing or cut down on the amount of time looking at the news.