

# Changing Your Thoughts

## INSTRUCTIONS



### Describe

- a) The situation—use only facts and be specific: where? when? who was there? what was said? what happened?
- b) Your emotion—if there were many emotions, list the most prominent one; how intense was it on a scale of 0 to 5?
- c) Your need—which need was threatened? food/water? sense of safety? relationships? self-esteem? sense of control? sense of identity?



### Explore your options

- a) Identify your reflex thought—this is the thought that automatically comes to mind, provoking the strong emotion you listed in section (1).
- b) Brainstorm other possible ways to interpret the situation; be open to many possibilities.



### Assess

- a) The reflex thought—what is the evidence for the reflex thought? What is evidence against? Use only facts.
- b) Choose another three possible interpretations you brainstormed in section (2) and list evidence for and against these.

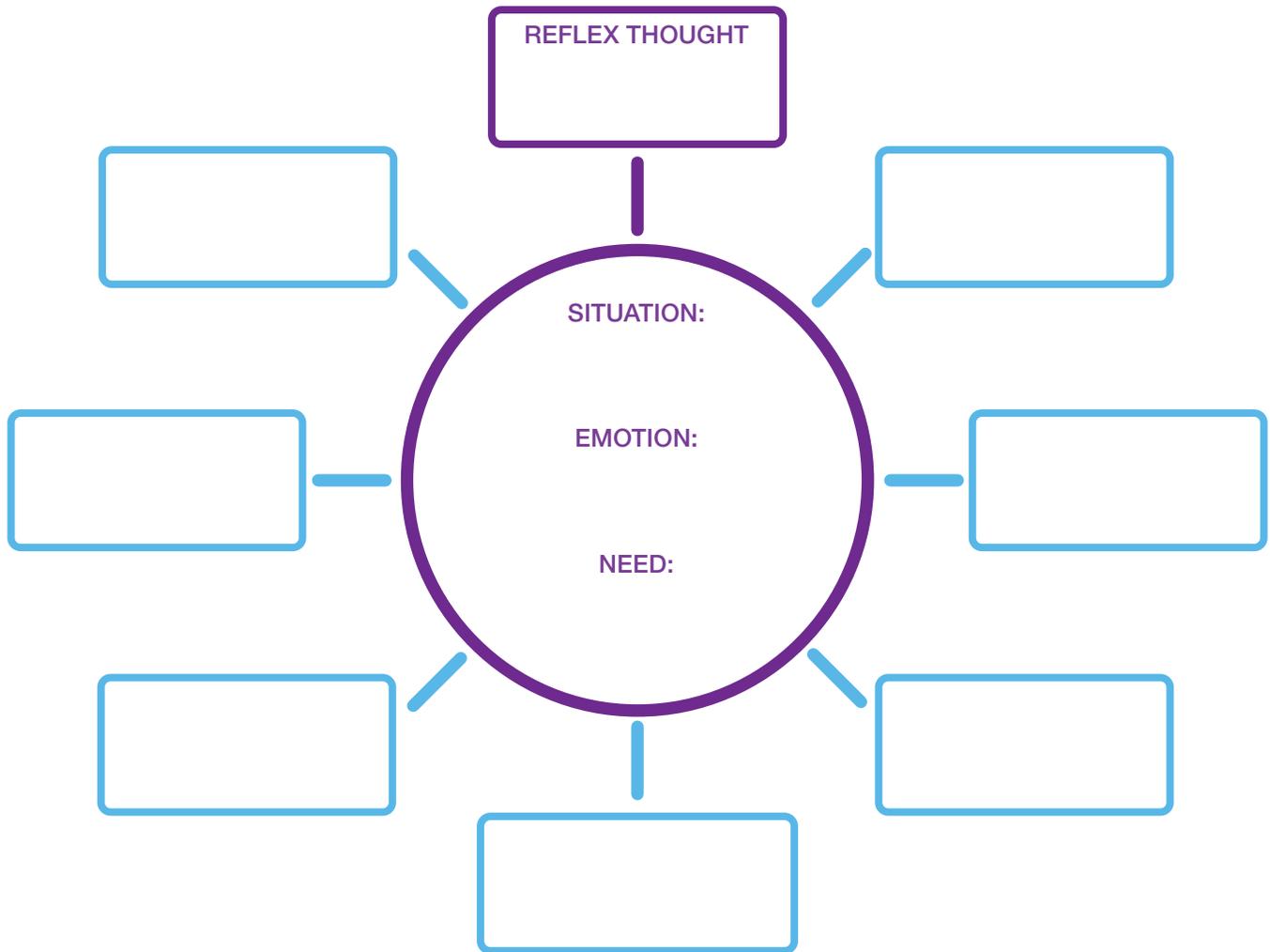


### Take action

Choose any of these:

- a) Choose an “as-if” belief that would be most helpful to take on.
- b) Play detective—get more information.
- c) Create a balanced thought—state one piece of evidence for your reflex thought, then state one piece of evidence against it; put the word “AND” in between them.
- d) Reflect—did your emotion change after any of these steps? If not, try a different strategy.

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<p>BELIEF ONE (REFLEX THOUGHT)</p> <p>EVIDENCE FOR</p> <p>AGAINST</p>	<p>BELIEF TWO</p> <p>EVIDENCE FOR</p> <p>AGAINST</p>	<p>BELIEF THREE</p> <p>EVIDENCE FOR</p> <p>AGAINST</p>	<p>BELIEF FOUR</p> <p>EVIDENCE FOR</p> <p>AGAINST</p>
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## OPTIONS FOR WHAT TO DO NEXT

1

**Choose an “act-as-if” thought.** Which belief would be the most helpful to try on “as if it were true” until you have more information? How would your actions change if you take on this “act-as-if” thought?

2

**Play detective.** Do you need to get more information? How will you go about getting it?

3

**Create a balanced thought.**

Write down one fact that supports your reflex thought and one fact that contradicts it; then put the word “AND” in between these two facts.

4

**Reflect.** Has changing your thinking helped your mood? Are your needs met? If not, try a different thought or a different skill to change your mood.