

# 1 Identify Cognitive Distortions

## 🎯 Objective

Learn to notice the automatic negative thoughts that contribute to your worries. These thoughts often go unchecked and can distort reality.

## 🔍 Action

Throughout your day, observe your thought patterns, especially during moments of worry. When you notice a negative thought, pause and jot it down. Be as specific as possible in describing the thought.

# 2 Challenge your negative thoughts

## 🏆 Objective

Develop a critical perspective towards your automatic thoughts by questioning them. This step encourages you to examine the evidence for and against your negative thoughts and to consider alternative viewpoints.

## 💬 Questions to ask yourself

- "Is this thought a fact or just my interpretation?"
- "What evidence do I have that supports or contradicts this thought?"

## 🌱 Action

Use these questions as a prompt to analyse each negative thought more deeply. Write down your answers, exploring various perspectives. This practice can help shift your viewpoint to a more balanced interpretation.

# 3 Reframe negative thoughts with balanced ones

## 🚩 Objective

Craft a more balanced response to replace the negative thought. This new thought should be more objective, acknowledging grey areas rather than seeing things in black and white.

## 💡 Action

After examining your negative thoughts, construct a new, balanced thought that more accurately represents the situation without emotional distortion. This step is not about forcing positivity but seeking a more truthful and constructive perspective.

*example*



SITUATION	AUTOMATIC THOUGHT	EMOTION	BALANCED THOUGHT	PRACTICE EXERCISE	DESCRIBE THE SITUATION	IDENTIFY YOUR AUTOMATIC THOUGHT	CHALLENGE YOUR THOUGHT	REPLACE WITH A BALANCED THOUGHT
Your friend didn't call or text you on your birthday.	"They don't care about me. I always get forgotten."	Hurt, rejected.	"I know our friendship isn't defined by one missed occasion. I'm disappointed but understand it's not intentional."	Let's put cognitive restructuring into practice. Consider a recent event that triggered worry or negative feelings in you.	Provide a brief overview of what occurred, focusing on the facts.	Detail the first negative thought that came to your mind regarding this situation. This thought is usually an instinctive reaction and might feel immediately true.	Critically analyse this thought using the questions provided in Step 2. Explore different aspects and evidence that either support or contradict this thought. Consider alternative interpretations.	Based on your critical analysis, create a new thought that offers a more balanced view of the situation.