

CHALLENGE YOUR THOUGHTS

1. RECOGNIZE & ISOLATE THOUGHT

Building awareness allow you an opportunity to challenge and refute those negative thoughts.

1. Stop and pause for a moment, recognize what you are thinking isn't quite right.
2. Pay attention to your body and emotions.
3. Isolate and focus on the irrational thoughts. Try to separate it from who you are.
4. Think about what you are thinking by having an external view of your thoughts.

2. WRITE DOWN YOUR THOUGHT

Focus and think about what the thought is really about. Write it below. After writing, you might feel a sense of relief that your mind has been emptied.

3. DISTRESS LEVEL

Identify the distress level (0-10):

0 = Calm ... 10 = Extreme

4. DISTORTION TYPE

Identify cognitive distortion:

(Refer to list of cognitive distortions)

5. CHALLENGE & REFRAME THOUGHT

Challenge the cognitive distortion by evaluating evidence, focusing on positives and avoid thinking in extremes:

1. Challenge and refute negative thoughts.
2. Modify language and internal dialogue.
3. Replace negative distortions with positive healthy thoughts.
4. Write down the more reasonable reframed thought:

6. REEVALUATE DISTRESS LEVEL

Reevaluate the distress level (0-10) and compare to step 3. If the distress level has not decreased, consider repeating the exercise again.

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