



Thinking differently!

It is important to recognise when we are becoming consumed by negative thoughts, take a breath, ask yourself:

What am I reacting to? What have I been thinking about here? Is this fact or opinion?

Am I blowing things out of proportion?

How important is this really? How important will it be in 6 months' time?

Am I expecting something from this person or situation that is unrealistic?

What's the worst (and best) that could happen? What's most likely to happen?

Is there another way of looking at it?

What advice would I give to someone else in this situation?

Am I blaming myself for something that is not in my control?

What could I do right now that would help me feel better?

Am I putting more pressure on myself, setting up expectations of myself that are almost impossible? What would be more realistic?

Am I jumping to conclusions about what this person meant? Or how this situation will end?

Am I misreading between the lines? Is it possible that they didn't mean that?

What do I want or need from this person or situation? What do they want or need from me?

Is there a compromise?

Am I just focusing on the worst possible thing that could happen? What would be more realistic?

Is there another way of looking at this?

Am I exaggerating the good aspects of others, and putting myself down? Or am I exaggerating the negative and minimising the positives?

How would someone else see it? What's the bigger picture?

Things aren't either totally white or totally black – there are shades of grey. Where is this on the spectrum?

Is there another way of dealing with this? What would be the most helpful and effective action to take? (for me, for the situation, for the other person)

By asking yourself these questions, you can create a more balanced way of thinking that will help you through the difficult situation, toward a more positive outcome.