



Thought Replacement Exercise

Pause - Review - Reframe

Becoming Aware: Keep a journal, taking notes of the actual thoughts you are thinking when you're in a situation that upsets you and ends in self-limiting and self-sabotaging behavior.

Thought Stopping: As you notice yourself saying these negative automatic thoughts, you can stop them mid-stream by saying to yourself "**STOP**". It will make you more aware of how often, and in what situation, you are having the negative thoughts.

Challenge the thought: Challenge the thoughts, examine them to see if they're valid. 'Where's the evidence for this? Is there another way to look at it?'

So, when you notice the negative thought, stop it in its tracks, review it for evidence, and if it's irrational or not true, reframe it and create a new healthy self-honoring thought.

Here are some example:

Negative Automatic Thoughts

Reframe Replacement Thoughts

I can't cope...	That's a bit silly. If I 'couldn't cope' I wouldn't be here, yet here I am. It's truer to say that I have problems coping, and I wish I didn't have to cope, and that I'm doing my best.
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	Accepting that I can't cope as true only maximizes my discomfort, and if I believe it, I'll avoid things...
Nobody likes me	That's not a true statement. My family likes me, and I have my friend from work and my friend from school. And I got on well with many other people now that I think of it. Also, not everybody will adore and admire me in this life. I accept that. It's the same for everybody. Also, if somebody does think little of you, you don't have to agree with it ...
It's going to be awful; I'm going to embarrass myself...	Actually, that's fortune telling, I don't know what's going to happen, all I can do is my best, maybe I'll be a bit anxious, I can cope with that if it happens, and it might not happen, I was okay last week at that other ...

If you feel you are needing support around this, please reach out. I would welcome the opportunity to work with you.