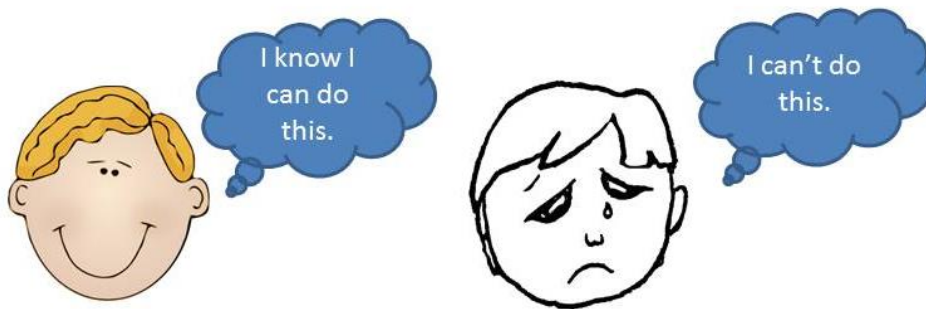


Day 5 – Reframing Negative Thinking

We want to touch on negative thoughts today; we like to call it ‘unhelpful thinking patterns’. We mentioned already that our emotions and behaviours are driven by our thinking; our thoughts. If we have negative thoughts (such as excuses) it leads to unhelpful behaviours. So, it goes without saying that having positive thoughts will lead to helpful behaviours.



Those immediate, first, quick thoughts that go through our mind in response to a situation are our initial thinking reactions. These thinking reactions go on to affect both our emotions/feelings and behaviours. Learning to monitor your thoughts is an essential step in the process of change. It will take practice and will help you notice negative thoughts more easily.

Your target today is to reframe (or change) those negative thoughts.

http://media.wix.com/ugd/fec33e_089faa62e7b44c37b9eeb38eae4b5145.pdf

We've attached what is termed in Cognitive Behavioural Therapy as a Thought Record Sheet. Using this sheet we would like you to do the following:

1. Note your goal or goals (you did this on your first day). If you have more than one goal create a sheet for each goal.
2. Note your unhelpful thinking / excuses (you did this on day 3 and day 4).
3. Note down how your unhelpful thinking makes you feel and rate it from 0-100 (0 being terrible and 100 being amazing).
4. Now think about and note down all the FACTS you can gather that support your unhelpful thinking.
 - KEY HERE is FACTS (evidence), not assumptions or opinions
5. Now think about and note down all the FACTS you can gather that DO NOT support your unhelpful thinking.
 - KEY HERE is FACTS (evidence), not assumptions or opinions
6. *Now (this is the exciting part) reframe your thoughts and note down more positive ways of thinking.

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7. Finally, rate how your positive thinking makes you feel and rate it from 0-100.

*People sometimes find it hard to think of more positive/realistic thoughts, especially if they have always had automatic unhelpful thinking patterns. To reframe is to look at, present or think of beliefs, ideas, relationships etc. in a new or different way.

To help you understand what we mean by reframing your thoughts we've taken some examples of excuses we used in one of our FREE resources and reframed them:

- I am too busy to make that change
REFRAME - I have a busy life, but I will find time to start my change.
- I will do it.... soon
REFRAME - I am going to do it NOW.
- I will never be a good friend
REFRAME - I am going to be the best friend I will stop putting assumptions in the way.
- I will never feel better
REFRAME - I am going to get better one step at a time. I will congratulate myself on every little success I have.
- I hate my job
REFRAME - I am going to put my effort into searching for a new job or looking for a career change. Once I have my goal I will make it happen.
- I don't know where to start
REFRAME - I've made a start, I believe in myself.
- I'm not clever enough to succeed
REFRAME - I know what to use and where to get it. I have help and support right at my side.
- I don't know if I can do it
REFRAME - I CAN do this. I am committed and I am going to ask for support if I need to make sure I SUCCEED.
- My family or friends don't think I can do this

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REFRAME – I believe in myself and I will make sure that my friends and family have that same belief when they see me win.

- I may make a mistake

REFRAME – I will make mistakes because everyone makes mistakes. I will stand myself up and start again making sure I learn from my mistakes and that I don't see them as failures.

We have given quite a few examples above. Please make sure that you use your own words and own conviction when you are reframing your unhelpful thinking. If you have any difficulty with this task please just ask for help. You can ask:

- Us for help; we are here to support you every step of the way.
- A close friend who understands you and has been supportive.
- A family member who understands you and has been supportive.
- Google is also there to help ☺.



You should also start to use the positive more helpful thinking in your day to day life. As we continue to mention, habits are not formed in one day, they take practice so you need to STOP, re-frame your negative thoughts into more helpful thinking and then assess your emotions again, then practice, practice, practice. You can continue to do this for any unhelpful thinking patterns.

We have also included two handouts which will provide you with examples of some of the thoughts feelings and behaviours you may experience when you feel stressed, anxious or depressed:

http://media.wix.com/ugd/fec33e_4cfc0ec050374311839956325ba5d834.pdf

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To help change your unhelpful thinking patterns we have also included a handout with examples of helping you deal with negative emotions:

http://media.wix.com/ugd/fec33e_43df9a09123840f59dec338dd98c6dd5.pdf

As always, if you need any help or support during these early stages just ask. We are covering a lot and we appreciate a lot of it will be new to you. If you are unsure whether you are using a particular technique properly please just ask for our help. Our aim is to ensure you make positive changes.

Today we would like you to:

- Continue the breathing meditation
- Use the attached 'Thought Record Sheet' to start re-framing negative thoughts. Practice, practice, practice your re-framed thinking. The changes will not happen overnight, you need to keep on catching each negative thought and re-framing it
- Read 'Dealing with negative emotions'
- Read 'Emotion - Thoughts, feelings, Behaviours'

With Love xxxx