

Cg

how you think, g

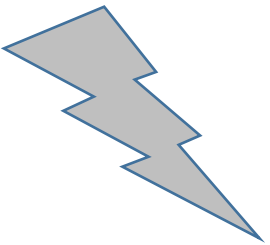
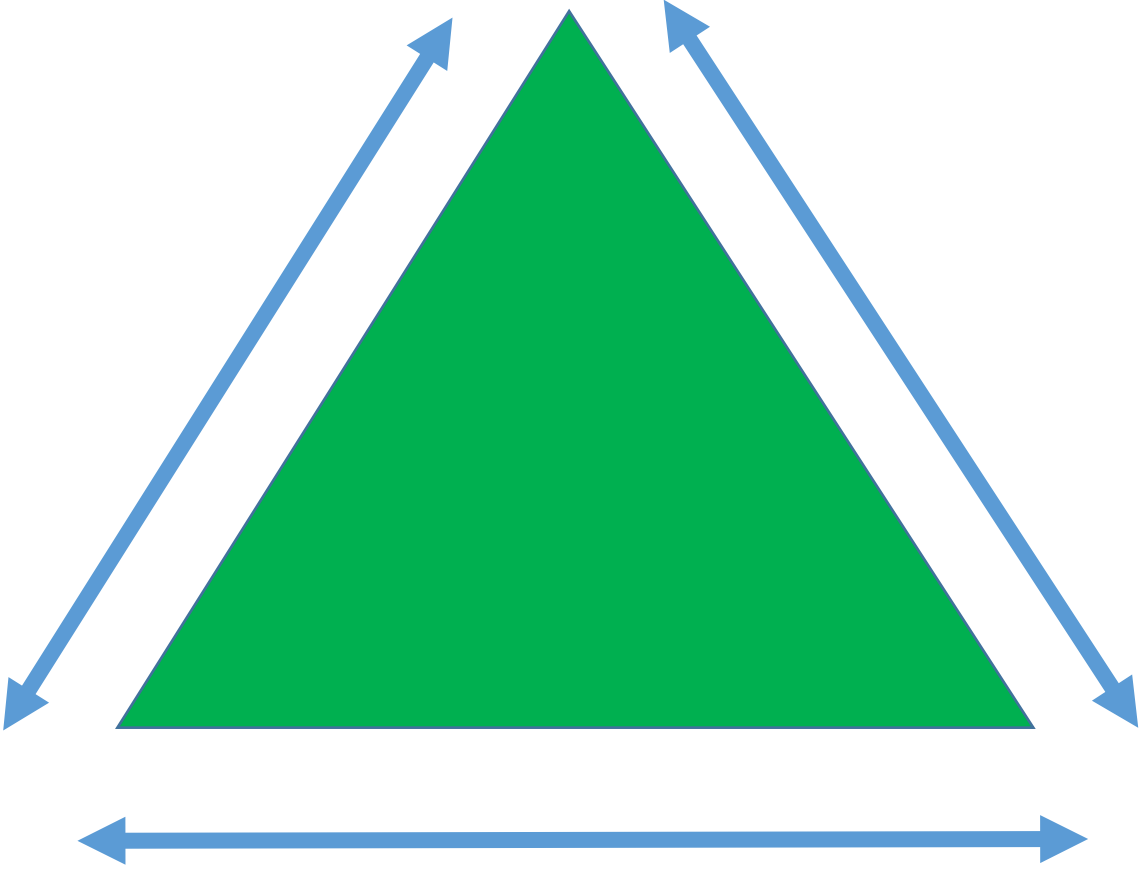
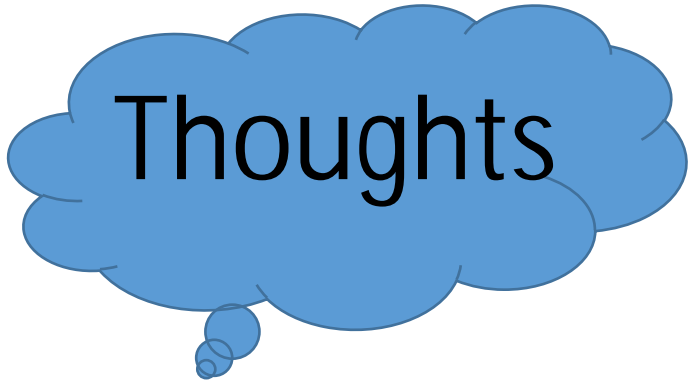
how you E



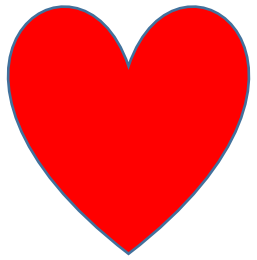
[www.dpcdsb.org/psychology](http://www.dpcdsb.org/psychology)

DPCDSB Psychology Department





Feelings



E	E	E
Negative Glasses	Focus on the negative and ignore the positive	<ul style="list-style-type: none"> <li>- Thinking about the 1 question you missed on a test and ignoring the ones you answered correctly</li> <li>- Can stop thinking about the 1 negative criticism ignoring all the positive feedback</li> </ul>
Fortune Telling	Believing you can predict the future (and it will be negative)	<ul style="list-style-type: none"> <li>- I don't want to go to the party because I know no one will talk to me</li> <li>- I know I'll fail the test (even when you've studied so chances of failure are low)</li> </ul>
Mind Reading	Believing you know what others are thinking (and it is negative)	<ul style="list-style-type: none"> <li>- Someone whispered as I walked by – they're clearly talking badly about me</li> <li>-</li> </ul>

- 
- Rigid and strongly held beliefs
  - Usually develop in childhood
  - Maintained because we look for evidence that supports them and ignore evidence that contradicts them
  - E.g., “I’m unlovable”, “I have to be perfect”, “I must please others”
  - Often at the root of unhelpful thoughts that we just “can’t let go”
  - What helps?
    - Try keeping a list of evidence that challenges negative core beliefs
    - Get help from others. They can point out things we overlook

- 
- Step 1: Identify your negative thoughts
  - Step 2: Ask yourself – “am I making any thinking errors”?
  - Step 3: Ask yourself – “what would I say to my best friend if they said this”? “What would my best friend say to me”?
  - Step 4: Look for the evidence (that supports and contradicts) the belief.
  - Step 5: If the evidence contradicts your negative belief – challenge it!

It's **b**