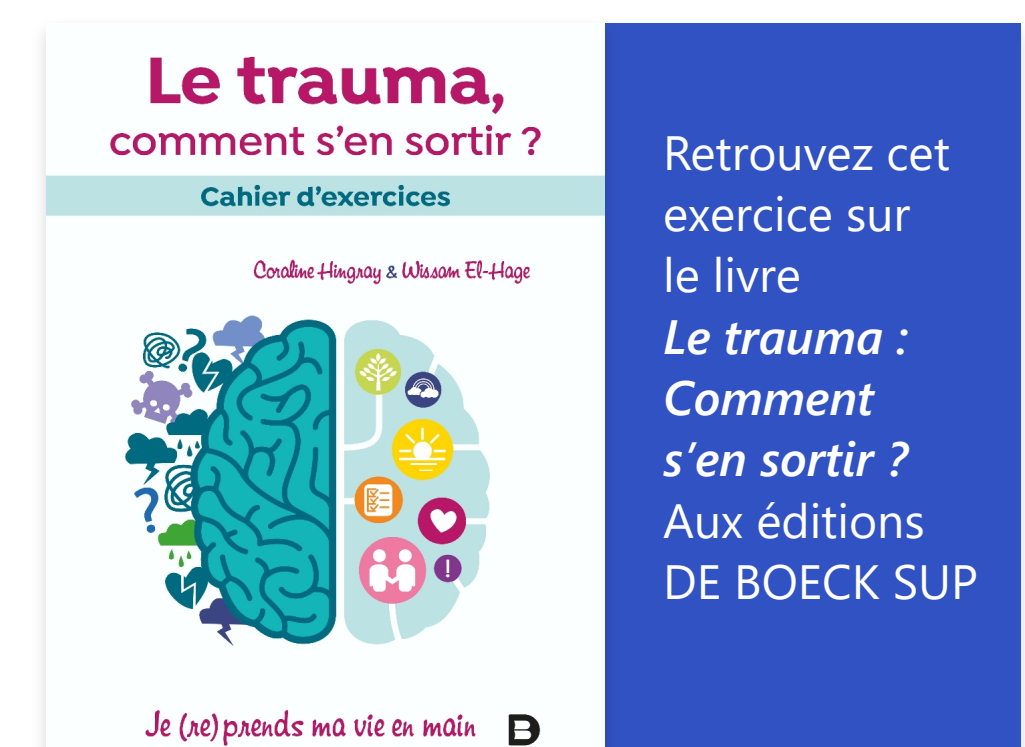


Exercise sheet

THOUGHTS PSYCHOEDUCATION : THE ESSENTIALS



The essentials

- ▶ Your brain is trying to sell you warped ideas and swindle you!
- ▶ Put on your detective's hat and dare to question negative ideas!

Identify

1 What is your negative thought?

2 Does it result from wearing distorting glasses?
If so, which ones?

- ☐ Black and white thinking
- ☐ A blinkered view
- ☐ Over-generalising
- ☐ Catastrophising
- ☐ Emotional reasoning
- ☐ Believing you know what others are thinking
- ☐ Self-blame
- ☐ Jumping to conclusions
- ☐ Maximising the negative

3 Does your negative thought hide a core belief?

- ☐ About yourself
- ☐ About others
- ☐ About the world

Question it

- ☐ What evidence is there?
- ☐ Are there other ways of interpreting these facts?

Take a step back

Rephrase "My head is telling me that... My head wants me to believe

Destination

- ☐ Pass your negative thought through Socrates' three sieves
Decide whether to keep it or not
- ☐ Take control of your mental radio
- ☐ Consider this thought as a cloud
One cloud among many that will eventually pass through your sky
- ☐ Become your own best friend
Be compassionate and empathetic towards yourself
- ☐ Look for alternatives
Step back