Therapy Care
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Challenging negative thoughts

When we feel low, anxious or bad about ourselves, negative thoughts are often part of it, and they aren't always fair. A parent can do a hundred things well in a week, lose their temper once, and decide they're a terrible parent. That one thought, more than the facts, then decides how they feel about themselves. Questioning thoughts like this can help us to change them.

Use these questions to look at your thought:

◇ What solid evidence is there for my thought?

◇ What evidence is there *against* my thought?

◇ Am I making up my mind before I know all the facts?

◇ How would a friend see this situation?

◇ What changes if I look at it in a more positive way?

◇ Will I still mind about this in a year? What about in five years?

"There is nothing either good or bad, but thinking makes it so." – William Shakespeare