

11: How To Deal With Unhelpful Thoughts

When we are worried, stressed or scared we tend to have lots of unhelpful or negative thoughts



Put your thoughts on trial

Ask yourself some questions:

- Is it true?
- What's the evidence?
- Who said it?
- What would your best friend say to you about it?



Put some distance between you

Imagine hitting the thought out of the park or it floating away on a balloon



Stop and distract yourself

Imagine a stop sign, then switch to do something else:

- Go for a walk
- Listen to music
- Call a friend

