

## How Can I Untangle My Thinking to Feel Better?

- **Identify your Thinking Error:** Look at the Cognitive Distortion list and write down what error you are doing.
- **Use Compassionate Self Talk:** Let your own inner talk reflect the same caring voice you would use with a good friend.
- **Become an Objective Scientist:** Rather than judging yourself harshly, weigh both sides equally and be a rigorous in being fair to yourself.
- **Bring your Thinking and Language into the Middle Ground:** Refuse to use black or white thinking patterns and insist that you develop your ability to think in the shades of grey or in a more moderate way. Stop using words such as “always”, “never”, “should”, “must”. Instead say, “it would be better if.....”
- **Define Your Labels:** Rather than beat yourself up with negative labels look at the evidence of what a loser or failure *really* means. To succeed you must practice and fail until you learn to improve. It is only our society that perpetuates the myth that you must be a winner the first time out which is an impossible attainment for any human being.
- **Ask:** Survey and query friends and colleagues about your concerns. It is likely you are not the only one that feels the same way or has the difficulties.
- **Experiment:** Practice experimentation to disprove your negative or irrational thought or belief. Remember to be absolutely objective.
- **Put your focus on the Outcome:** Rather than hurting yourself with self blame, guilt, or negative self talk, focus on getting a resolution to the problem.
- **List the Advantages and Disadvantages of Your Thought, Behavior, Belief:** Write down the benefits to keeping yours negative thought, belief, or behaviour. Do the same for letting it go.



*“The glass is half full”*