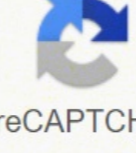


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## Challenging Anxious Thoughts

Anxiety can be a healthy emotion—it forces us to focus on our problems, and work hard to solve them. But sometimes, anxiety grows out of control, and does just the opposite. It cripples our ability to solve problems. When this happens, **irrational thoughts** often play a role.

In this exercise, we will practice catching our irrational thoughts, and replacing them with rational alternatives. With enough practice, this will become a natural process that can help you manage anxiety.

**Describe a common situation that triggers your anxiety:**

example: "giving a speech in front of a crowd" or "driving in rush hour traffic"

Anxiety distorts our thinking by causing us to **overestimate the likelihood of something going wrong**, and **imagine the potential consequences as worse than they really are**. Sometimes, just taking a moment to think about these facts can help us recognize our irrational thoughts.

**Imagine you are faced with the anxiety-producing situation from above. Describe the...**

Worst outcome:
Best outcome:
Likely outcome:

**Imagine the worst outcome comes true. Would it still matter...**

1 week from now:
1 month from now:
1 year from now:

Usually, anxious thoughts focus on the worst possible outcomes, even when they aren't likely. For example, a person who is nervous about giving a speech might think: "I am going to forget everything and embarrass myself, and I'll never live it down".

As an outside observer, we know that an alternate, more rational thought might be: "My speech might only be OK, but if I do mess up, everyone will forget about it soon enough".

**Using your own "worst outcome" and "likely outcome" from above, describe your...**

Preview

## 12 negative THOUGHTS holding you back

**"We are addicted to our thoughts. We cannot change anything if we cannot change our thinking."**

[www.FB.com/TributeToStephenCovey](http://www.FB.com/TributeToStephenCovey)

### 1 "My past is indicative of my future."

- ❖ Failed attempts and mistakes are part of the growth process, valuable experiences.
- ❖ Being defeated is a temporary condition; giving up is what makes it permanent.

### 2 "I care what they think of me."

- ❖ Ignore the rude people who talk about you behind your back, exactly where they belong.
- ❖ True strength is being wise enough to walk away from the nonsense proudly.

### 3 "I'll do what makes me happy someday."

- ❖ Today is the oldest you've ever been and the youngest you will ever be again.
- ❖ The perfect moment to follow your values and pursue your own dreams is now.

### 4 "I can't," "It's too late," "I'm not good enough," etc.

- ❖ Our attitude shifts our sails and ultimately determines not only our final destination, but more importantly, the voyage and experiences along the way.

### 5 "There's so much that could go wrong."

- ❖ Stop being afraid of what could go wrong, and start thinking of what could go right.
- ❖ Be thankful for all positive things you have to fuel an even brighter tomorrow.

### 6 "I will never forgive you."

- ❖ Forgive them. You have learned about trust & being cautious when you open your heart.
- ❖ You are stronger now and better equipped to find the kind of love you deserve.

### 7 "I don't like them because they're broken."

- ❖ Be someone who builds and nurtures with an understanding, forgiving heart and looks for the best in people & leaves them a little stronger than before.
- ❖ Don't sum up a person's entire existence in one moment.

### 8 "I am too unhappy to make anyone else happy."

- ❖ Happiness is a boomerang. When you catch yourself feeling unhappy, doing something small that makes someone else happy. When they smile, it will be hard not to smile back.

### 9 "I can't trust anyone."

- ❖ We often keep our hearts closed because we don't trust ourselves to survive the pain again.
- ❖ We come to realize our true strength through hurt and sufferings.

### 10 "Everyone else is doing it, so it must be right."

- ❖ Live YOUR life.
- ❖ Never hide who you are.
- ❖ The only shame is to have shame.
- ❖ Stand up for what you believe in.

### 11 "It will never get better." / "It will never get worse."

- ❖ Appreciate every great moment.
- ❖ Take one day at a time.
- ❖ All moments, good or bad, would last forever.

### 12 "I don't have time to dream."

- ❖ The real tragedy in life lies in having no dream to reach.
- ❖ You don't have to see the whole staircase; you just have to take one step at a time.

### Challenging Negative Thoughts

*Directions: Use the following questions as a guide to challenge your negative thoughts.*

1. Is this thought helpful? Explain.
2. Are my thoughts based on facts or are they just my opinion? Explain.
3. What evidence do I have that what I'm thinking is true?
4. What evidence do I have that my thoughts are false?
5. What other reasons could explain why this situation happened?
6. Am I jumping to conclusions? Explain.
7. On a scale of 1 to 10, if being not bad and so being really bad, how bad is this situation? Explain.
8. If my thoughts are true, what is the worst thing that could happen and how likely is it to happen?
9. If the worst did happen, how would I cope?

### Thought Log

Event	Thought	Consequence (emotion & behavior)	Alternate Response

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What is a good way to deal with depression. How to challenge depressive thoughts. What are some depressed quotes. What are some depressive thoughts.

Includes a list of questions that users can use to challenge negative thoughts and works well with one of other automatic exercises of thoughts on this page. As the name indicates, these automatic thoughts cannot be controlled directly by people, since they are reflexive reactions based on people who people hold on themselves and in the world. New York, NY: Guilford Press Boyraz, G., Lightsey, O.R. (2012). When these thoughts build and build, they can often lead to anxiety or depression. This indicates that together with positive thinking, awareness is another way to counteract negative automatic thinking. The types of automatic thoughts that a person can influence their health results and their overall quality of life. For example, people with frequent positive automatic thoughts are likely to respond to feeling stress feeling that their lives are more meaningful, while people with little frequent positive thoughts are likely to respond to stress feeling that their lives are less significant ( Boyraz & Lightsey, 2012). Kendall, P.C., Howard, B.L., Hays, R.C. (1989). Predictors of symptoms of mental health, automatic thoughts and self-esteem among university students. Positive spare thoughts Worksheet This positive replacement rethinking worksheet also asks users to list all the negative automatic thoughts that come to their minds, then ask them to thoughtfully find alternative thoughts with which they can replace negative thoughts. Journal of the Nepal Medical Association, 56 (206), 248-255 Riley, K.E., Lee, J.S., Safren, S.A. (2017). This indicates that in order to have better mental health results, you should reduce their negative negative thoughts and increase their positive automatic thoughts. Cognitive and research, 32 (6), 758-774. 50+ examples of positive and negative automatic thoughts, so how do Automatic thoughts arise actually show up? The basic base Of how our concepts of sA © and cognitive prejudices affect our lives has to do with automatic thoughts. These science-based exercises not only improve your ability to understand and work with your emotions, but will also give you the tools to promote the emotional intelligence of your customers, students or employees. Automatic thoughts and cognitive restructuring in cognitive behavioral therapy for social anxiety disorder. Freewen, P.a., Evans, E.M., Maraj, N., Dozois, D.j.a., Pernice, K. Positive automatic thoughts as moderators of the relationship of stress meaning. Before continuing, we thought you would like to download our three emotional intelligence exercises for free. We love getting to know your thoughts in the comments below. Hope, D.a., Burns, J.a., Hayes, S.A., Herbert, J.D., Warner, M.D. (2010). Koseki, S., Noda, T., Yokoyama, S., Kunisato, Y., Ito, D. Suyama H., Matsuda T., Sugimura, Y., Ishihara, N., Shimizu, Y., Nakazawa, K., Yoshida, S., Arima, K., Suzuki, S. A few times a day, recognize that at this moment he is going well. It can also help us decide us, so we can get the distance from depressive thoughts and feelings. For more information about this article: Automatic thoughts are images, words or other types of mental activity that pop in your head in response to a trigger. Cognition and emotion, 31 (4), 632-644. In athletes, negative automatic thoughts can lead to Burnout (Chang et al., 2017). Above all, a concept of a negative s6 can lead to an endless cycle of negative thoughts. This can help us live a more positive and satisfied life. Journal of affective disorders, 151 (1), 352-359. While these thoughts may seem impossible to avoid, you can use positive thinking to counter them. Concentrate on this Thought is this Thought is due to be easily denied with exposure and role. It is important that we learn effective ways to challenge challenge thoughts. Ingram, R.E., Wisnicki, K.S. (1988). Recognize when you succumb to A ç ä, - ä ä ä ä ä ä ä ä ä ç Used - Anxiety, and let go. This worksheet is a great introduction to automatic thoughts. (2017). Depressive people also show an attack injury being healthy the control group to approve negative adjectives and faster to refuse positive adjectives "(Disl' et al., 2017). One way to do so is with cognitive restructuring (CR), which involves (Hope et al., 2010): identification of problematic knowledge known as automatic thoughts; identification of cognitive distortions in automatic thoughts; a rational dispute of automatic thoughts with social dialogue; development of a rational confutation to thoughts Automatic. Journal of Consulting and Clinical Psychology, 56 (6), 898-902. Have you ever faced your negative automatic thoughts, and if yes, how did you do? Therapy and cognitive research, 4 (4), 383-395. According to Beck, this is due to a depressed person "tends to perceive his present, his future and the external world (the cognitive triad) in a negative way and consequently shows an interpretation Experiences of him, negative expectations with regard to the probable success of everything that is committed and a massive amount of self-critical "(Beck et al., 1979). A negative self-referential scheme can also lead to more serious symptoms of depression. For example, when asked to decide whether an adjective describes themselves or not, people with depression are more likely to a control group to select negative adjectives (Disse et al., 2017). For example, a person might wonder " Ä ç ä, -" as if you think you are boring? Ä »CR, research indicates that people with higher levels of awareness devices are less likely to experiment with automatic negative thoughts, because they can more easily let go negative thoughts or direct their attention elsewhere elsewhere et al., 2008). Let go: Awareness and negative automatic thinking. A message of home that negative automatic thinking does not only lead to the poor results of mental health, but it can also lead to a cycle of negativity ... Some mental health problems can lead to an increase in negative thoughts and vice versa. Here are our best tips for challenging negative thoughts: 1) Understanding your thinking models There are many different types of negative thought models that we could use. This simple tool is a great choice of grab-go-go for people who want to use the social techniques in question and checks in dealing with negative automatic thoughts. Finally, in a sample of university students, negative automatic thoughts guided with more mental symptoms and decreased self-esteem levels (HICDurmaz et al., 2017). Psychological reports, 120 (4), 650-669. Peerj, 5 (1), E4181. In turn, being more clearly that negative adjectives are related to longer-long depressive episodes (as reported below), demonstrating the negativity cycle. They are based on the principles of cognitive-behavioral therapy, commonly suitable as CBT. According to Beck's cognitive triad, someone who is depressed will automatically have a negative view of themselves, their experiences (ie the things the world around them causes happening them), and their future. American Journal of Orthopsychiatry, 82 (2), 267-277. Our cognitive injury: the construction of the concept of sA © -concept concept refers to how people perceive themselves and their past experiences, their abilities, their prospects for the future, and any other aspect of the ©. What is automatic thinking? Can you help positive thinking? Soflau, R., David, D.O. (2017). (2013). It is more concise than the two records of thought above, and since not information on automatic thoughts, is a good option for someone who includes the concept and is ready to start replacing replacing Negative thoughts with positive ones. Cognitive and research therapy, 41 (2), 178-192. Evaluation of automatic thoughts in patients with depressive disease in a tertiary hospital in Nepal. CR research with automatic thoughts indicates that CR effective could focus on negative self-asset automatic thoughts, in particular those triggered by certain situations. What do you think of negative automatic thoughts? Chang, K.H., Lu, F.j.H., Chyi, T., HSU, Y.W., Chan, S.W., Wang, E.T.W. (2017). Auto-referent speech and psychopathology: the balance of positive and negative thinking. Questions for challenging thoughts another simple resource, this page worksheet acts as an appendix of questions focused on demanding automatic thoughts. It is excellent for someone who tries to extend their individual thoughts extensively. Turn off slowly to yourself to the things you're afraid, so they are no longer familiar to you. Doi: 10.1016 / j.jad.2013.05.067 Lightsey, O.R. (1994). Together with the exercise, you will find five challenge questions you can use to deal with each ant when you notice that you might. Thinking positive as a stress buffer - the role of positive automatic cognitions in depression and happiness. We can use this tool to identify our negative thought styles and get a better understanding of how our thoughts can cause our emotional reactions. When we are in a negative head space, sometimes it can be difficult to think of what we are grateful. Automatic thoughts can be considered Ä ç ä, - Ä "Surface-level, non-volivist, flow of flow-consciousness" that "appear in the form of descriptions, inferences or specific assessments of the situation - (Soflau and David, 2017) . Moreover, higher levels of positive automatic thoughts are related to higher levels of happiness (Lightsey, 1994). Therapy e Cognitive, 13 (6), 583-598. Prevent yourself to concentrate on the negatives looking at watching The great image. Studies have indicated that there are a variety of consequences of being arranged to negative automatic thoughts rather than positive automatic thoughts. We can talk to our friends and our family to help us earn perspective, but sometimes we could also need the support of a mental health professional to give us more tools to change our thinking. Doi: 10.7717 / peerj.4181 Disner, S.G., Shumoke, J.D., Beevers, C.G. (2017). 2) Exercises the practical awareness of awareness, such as meditation, can help us focus on the present, rather than dwelling on events of the past or worry about the future. Realize that not everything is the end of the world: A way to do it is consciously trivialize tasks. The rest of the worksheet is divided into three columns: trigger, automatic negative thought (ant) and adaptive thinking and aims to help people understand and challenge their automatic thoughts. An example could be someone whose automatic thinking in front of an uncomfortable situation is " Ä ç ä, -" I don't know what to say ... (Hope et al., 2010). Auto-cognitive statements in depression: development of a questionnaire of automatic thoughts. Automatic thought refers to automatic thoughts that derive from people of beliefs held on themselves and from the world (Soflau & David, 2017). The relationship between thought and a positive and negative automatic activity in prefrontal and temporal cortices: a multi-channel infradrosocopy study (NIRS). When we focus on gratitude, we can even probably adopt a more positive mentality. Hicturmaz, D., Inci, F., Karahan, S. Don't forget to download our three emotional intelligence exercises for free. (1979). The relationship between automatic thoughts and depression in a treatment For people who live with HIV / AIDS: exploration of temporality and causality. Autoriferential schemes and reliable prejudices provide for more positive mentality. Hicturmaz, D., Inci, F., Karahan, S. Don't forget to download our three emotional intelligence exercises for free. (1979). The relationship between questionnaire of automatic thoughts (ATQ-30) developed by Steven Hollon and Philip Kendall in 1980, some examples of negative automatic thoughts include: Ä ç ä, -" I feel like I'm against the world.ä ç Ä, Ä« I'm not good. Ä »Ä ä, -" Why can I never succeed? Ä, ä, -"nobody understands us. Ä ç ä, -" I don't think I can go ahead. Ä ç ä, -" I would like to be a better person. " I'm so weak." Ä ç ä, -"My LifeÄ ç ä, -I don't go as I want it. Ä, ä, -" I'm so disappointed by myself. Ä ä, - Ä ç ä, - Ä" Nothing feels better. "" Ä «I can't stand it anymore." "I can't start. Ä, Ä ç ä, -" What was wrong with me? Ä ç ä, -" I would like to be somewhere else." "I can't get things together." "I hate myself." Ä ç ä, -" I'm useless. Ä »ÄÄ Ä "Ä Ä" Ä" Ä" Ä" is to be able to only disappear. Ä »Ä ç ä, -" What is the matter with me? Ä, ä, -" I am a loser.ä ç ä ç æIm my life is a casino. "" Ä, ä, -" ä, -" ä" ç I can never do it. "" "I feel so powerless." "Something should change ... Ä ç ä, -" You should be Som. With me Ä »Ä« I can't finish anything. Ä »The revised version of the questionnaire of automatic thoughts (ATQ-R) (Kendall et al., 1989), which is a measure yet used as a base for automatic thoughts' research (Koseki et al., 2013) lists: 1) The following positive elements such as additional examples of automatic thoughts (together with the 30 negative thoughts listed above): Ä ç ä, -" I am proud of myselfÄ ç ä ç æI feel good.ä ç Ä ç ä, -" no matter what happens , I know I make it. Ä »Ä« I can realize anything. "" I feel good. Ä »Ä ä, -" I am warm and comfortable. Ä »Ä, ä, -" I feel confident I can do everything I put my mind. "I feel very happy.ä ç Ä" Ä ä ä ä ä ä ä ä æ" super! Ä ç ä, -" I am lucky about most people. "According to Rick Ingram and Kathy Wisnicki (1988), some Examples of positive positives Thoughts include: Ä ç ä, -" I am respected by my peers." "I have a good sense of humor.ä ç Ä ç ä, -" My future seems bright.ä ç ä ç æä, - ç ä, -" I'm fun to stay with ... Ä ç ä, -" I'm in a great mood. Ä »Ä« There are many people who worry about me. Ä »ä ä ä ä" ç M proud of my results. "" I'll finish what I start. Ä »Ä« I have a lot of good quality. Ä »Ä« I am at ease with life. Ä »ÄÄ« I have a good way with others.ä Ä »Ä ç ä, -" I am a lucky person. Ä »Ä« I have friends who support me. Ä, ä, -" Life is exciting . "" Enjoy a challenge. "" "" My social life is terrifying. Ä »Ä« Don't worry about anything to worry about. Ä »Ä« I'm so relaxed.ä Ä »My life is running smoothly.ä Ä » Ä ç ä, -" I am happy with the way I look ... Ä ç ä, -" I take care of myself. Ä, ä, -"deserves the best of life. Ä, - Ä ç ä, -"ä" bad days are rare Ä, ä ç æ Ä«I have many useful qualities. Ä» This is not a problem that Both hopeless. Ä »Ä, ä, -" does not give up. Ä ç ä, -" State my opinions with confidence. "" "My life continues to improve. Ä ç ä, - Ä" Toda y I realized a lot. "Cognitive restructuring of fundamental beliefs and automatic thoughts Automatic thoughts Positive can compensate for the negative effects of automatic thoughts and negative stress in ä ç ä

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