

REALITY CHECK FOR NEGATIVE SELF TALK

Is this true

Ask myself: do I have concrete and clear evidence that what I am thinking is actually true, has it actually happened, is it actually happening. Or am I speculating/imagining/fantasising.

If it is not true, then:

Stop giving any more of my attention to these thoughts/ideas. Become present to what I am actually experiencing at this moment: pay attention to how I physically feel in my body using the feet on floor exercise and/or pay attention to my breathing to help calm myself. Become present to my immediate environment, pay attention to and fully engage with what I am doing, notice what is around me. Use positive self talk statements where appropriate to short circuit these negative thought patterns. Remember I want to behave in a caring and responsible manner.

If it is true, then is thinking about it right now helpful

If the situation I am thinking about did happen or is happening, is thinking about it right now in any way helping me or the situation.

If is not helpful, then:

Stop giving any more of my attention to these thoughts, (see "If is not true, then" above).

If I think that it is helpful, then be precise and clear how

In what way are these thoughts being helpful: this should be clear and practical? Are they actually helping me understand what happened or are they simply feeding my sense of grievance/resentment/anxiety? Are they helping me create an appropriate plan of action so as to constructively deal with the situation, or are they encouraging me to have vengeful and hostile destructive ideas? And are they helping me stay calm, responsible and caring, or are they feeding my anger, hostility and aggression?

If they are having a negative effect on me then they are not helpful and I need to stop giving any more of my attention to them, (see "If is not true, then" above).

More resources at www.youreincharge.guru
or via the text line 07956 375 943