

Cognitive Re-appraisal.

Our thoughts have a significant impact on our emotions and our behaviour, as well as what we find to be stressful. Challenging our negative thoughts, and creating alternative thoughts is a great way to reduce the stress we feel.

1. Catch the negative thought you are experiencing.

This can be hard - our thoughts are automatic. It might be similar to:

I just can't do anything right

OR

This is too much for me to handle right now, I can't cope

Identify the negative thought you're currently experiencing

2. Challenge the thought with the following questions?

What information do you have that supports this thought?

What information do you have that challenges this thought?

Am I basing this belief on facts or feelings? Is the belief logical or rational?

Is this thought black and white, when in reality it is more complicated?

Do I have the wrong idea from the situation?

Might other people have different thoughts of this same situation?

What advice would I tell a friend with the same thought?

3. Create alternative thoughts.

Once you have weighed up the evidence to support and challenge your thoughts, we need to create alternative thoughts:

> Negative Thought



> Alternative Thought
