

A GUIDE TO FLIPPING THE SCRIPT.

Challenging Negative Thoughts

*Empower Your Mind: Rewrite Your
Story by Challenging Negative
Thoughts.*





Introduction:

Welcome to Inside Story Therapy's guide on challenging negative thoughts. In this quick guide, we'll delve into what negative and irrational thoughts are, how they manifest, and most importantly, how to challenge and change them. Let's empower ourselves to rewrite our inner narratives for a brighter outlook on life.

Defining Negative/Irrational Thoughts:

Negative and irrational thoughts are like weeds in the garden of our minds. They're often distortions of reality, leading us down paths of anxiety, self-doubt, and despair. Rooted in cognitive behavioral therapy (CBT), these thoughts are believed to stem from core beliefs formed early in life, influenced by our experiences, upbringing, and environment.



Manifestation of Negative Thoughts:

Negative thoughts can manifest in various ways, from catastrophising situations to overgeneralising experiences. They may appear as self-critical inner voices or automatic assumptions about ourselves and the world around us. Recognising these patterns is the first step toward reclaiming control over our thoughts and emotions.



Challenging and Changing Negative Thoughts:

Example Sheet:

The example sheet serves several purposes in helping individuals understand and utilise the table effectively: Demonstrating how to apply the questioning process to real-life situations. Offering guidance on how to approach each question in the table.

Questions	Example Answers:
Situation: What event(s) led to the negative emotions?	"I haven't spoken to my friend for a while and was trying to arrange to meet up, but they didn't respond quickly."
What thoughts / images came to mind?	"They might think it strange that I have suddenly got in touch." "They may think I'm not a good friend as I haven't been around." "They are punishing me because it takes me a while to reply to their messages."
Is there substantial evidence for my thought?	"A lot of my friendships have changed, as we have lost touch"
Is there evidence to contradict my thought?	"My friend is always very warm and understanding."
Am I attempting to interpret the situation without all evidence?	"I assume my friend is mad because they didn't reply immediately."
What would a friend think about this situation?	"Would my friend be as harsh on themselves in this situation?"
If I look at the situation positively, how is it different?	"What are the potential silver linings in this setback?"
Will this matter in a year from now? Or five years from now?	"Will this concern still affect me in the long run?"

Challenging and Changing Negative Thoughts:

Instructions:

The purpose of this table about challenging thoughts is to provide a structured framework for individuals to examine and challenge their negative thoughts systematically. Each question in the table prompts the individual to consider different aspects of their thought process, encouraging them to challenge their initial negative assumptions and perspectives. Use this table each time a situation arises and see if there are any patterns present.

Questions	Answers
Situation: What event(s) led to the negative emotions?	
What thoughts / images came to mind?	
Is there substantial evidence for my thought?	
Is there evidence to contradict my thought?	
Am I attempting to interpret the situation without all evidence?	
What would a friend think about this situation?	
If I look at the situation positively, how is it different?	
Will this matter in a year from now? Or five years from now?	

Final Thoughts

As we conclude our journey through challenging negative thoughts, remember that change is possible. By questioning and reframing our inner dialogues, we pave the way for healthier perspectives and increased resilience. Embrace self-compassion and patience as you navigate this process, and never hesitate to seek support from a therapist or loved ones along the way. Together, let's rewrite our stories for a brighter tomorrow.

Positive
THOUGHTS





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