

Balanced thinking

Negative thinking patterns can make a situation appear worse than it is and distort our emotions.

Challenge your thoughts with questions to help overcome negative thinking patterns.



What evidence is there for and against my thoughts? Am I missing important information?

Is this realistic and reasonable? Have I confused a thought with a fact?

What would I tell a friend if they had the same thought, or what would they say about my thought?

Pause and take a breath before making assumptions about a situation or person.

