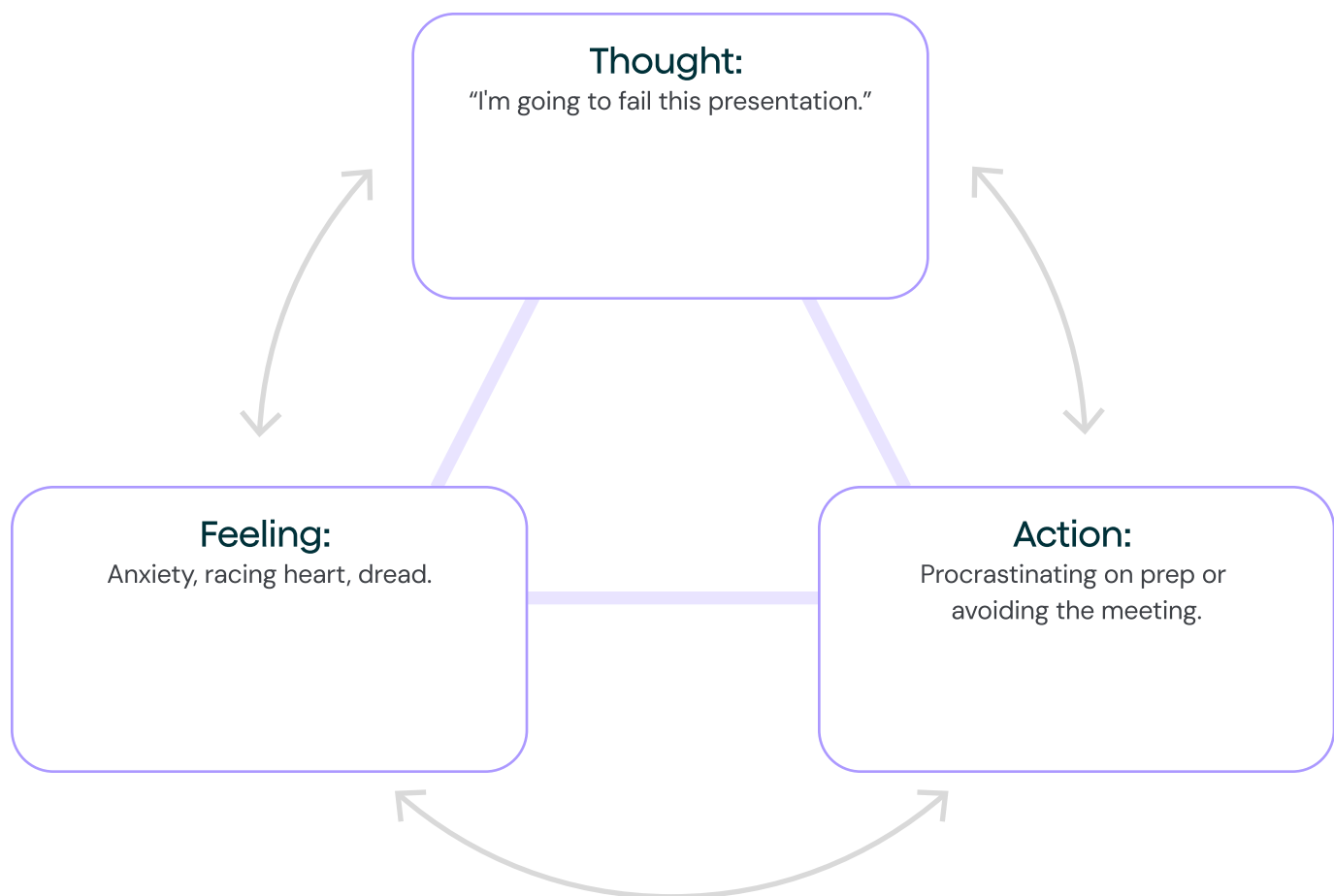


Reframing your thoughts: A guide to balanced thinking

Our thoughts aren't always facts. Sometimes, our brains fall into “Thinking Traps” or habitual ways of seeing the world that can make us feel stuck, anxious, or down. Looking at your thoughts through a different lens can help you find a balanced, helpful perspective.

The Connection: How It Works



By changing the **Thought**, we can lower the intensity of the **Feeling** and change the **Action**.

Catch the “Thinking Trap”

All-or-Nothing

Seeing things in black and white.

"If I'm not perfect, I'm a failure."

Catastrophizing

Jumping to the worst-case scenario.

"They haven't called; they must be in an accident."

Mind Reading

Assuming you know what others are thinking.

"They think I'm boring."

The "Shoulds"

Putting heavy pressure on yourself with "should," "must," or "ought."

Investigate The Thought

Before you write your Balanced Perspective in your log, ask yourself these fact checking questions:

- 1 What is the actual evidence that this thought is true?
- 2 What is the evidence that it isn't true?
- 3 If a friend had this thought, what would I tell them?
- 4 Is this thought helpful to me, or is it just making me feel stuck?

Find the Middle Ground

A balanced thought is realistic thinking, not just positive thinking:

Unhelpful

"Nobody likes me."

Balanced

"I feel lonely right now, but I have three friends who check in on me regularly. Not everyone will like me, and that's okay."

Daily Practice Tip:

Keep this guide next to your Thought Log. When you notice a sudden shift in your mood (a ping of sadness or a flash of anger), stop and catch the thought that just ran through your mind.