



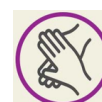


Prompts for Challenging Negative Thinking

The following prompts may be beneficial to use if you find yourself feeling ungrounded, judgemental, and overly negative. By using the prompts, you can support yourself to think in a more balanced way that is more reflective of a truth statement, rather than how you feel at the time.

<p>Evidence</p> 	<ul style="list-style-type: none"> • Am I confusing fact with opinion? • Is there any good evidence which would argue against this negative thought? • How would a lawyer argue against this negative thought in a courtroom? • Do I know any friends or family members who would provide evidence against this negative thought if asked 	
<p>Self-compassion</p> 	<ul style="list-style-type: none"> • Is the thought helpful for me? • Do these thoughts have my best interests at heart? • How can I adapt this thought to make it sound less judgemental? • Am I falling into the habit of labelling myself again? 	
<p>Perspective change</p> 	<ul style="list-style-type: none"> • How would I support a friend if they were struggling with this thought? • Will this matter in 6 months' time? • Is there a possible best-case scenario as well as a worst-case scenario? • Are there skills, people, and resources available that can help me get through this? 	
<p>Thinking Bias</p> 	<ul style="list-style-type: none"> • Black & white thinking • Should or must • Mind-reading • Labelling • Mental filter • Personalisation 	<ul style="list-style-type: none"> • Disqualifying the positive • Emotional reasoning • Catastrophising • Overgeneralising



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