

What to do with negative thoughts?

Learn to recognize.

Learn to recognize your thoughts and say them out loud. That way we are separating ourselves from our thoughts and we are learning that not every thought is true. Thoughts come and go, they don't have to mean anything



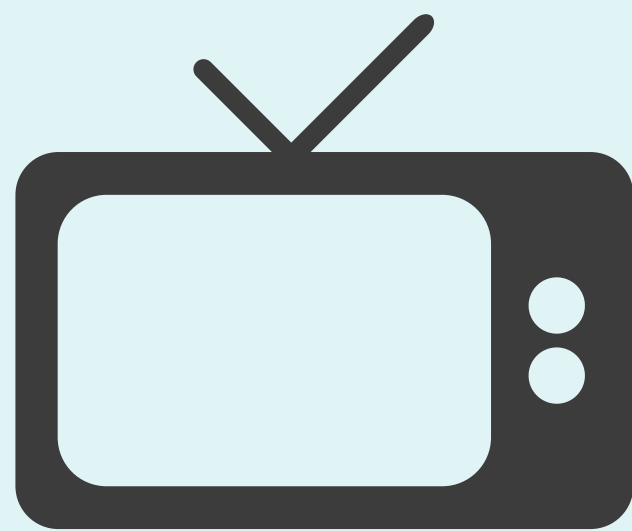
Thank your mind.

When negative thoughts and worries cloud your mind, try to recognize them and simply say thank you to your mind: "Thank you, my brain, for worrying about me!".



Imagine a TV screen.

When negative thought crosses your mind, try to imagine it as a picture or short film on a TV screen. You can do whatever you want with that picture: play it as many times as you need, play it in slow motion, change the colours, stop it...



Write thoughts on a piece of paper.

Writing thoughts on a piece of paper can help you recognize and evaluate them.



Ask about your thoughts.

Ask yourself whether your thoughts are helpful or unhelpful. One of the easiest ways to do that is to look at the odds. What are the odds, or chances, that the bad thing you are worried about will happen?



Sing.

Sing negative thoughts like "I cannot do anything right" as a happy song. This can help us recognize that not all thoughts are as serious as we think.

