

FREE CBT 9:

Change Your Thoughts - Worksheet 1 of 2

NOTICE – CHALLENGE – CHANGE

After we've taken the time to raise our awareness of our thoughts and behaviours and then worked at challenging them we move to the phase of changing. Really, changing is happening all throughout this process and in "Change" phase we make it concrete.

When it comes to changing our thinking we want to move from rigid, extreme thinking to thinking that is flexible, fair and balanced. We want to have thoughts that take in the whole situation rather than just a little part.

Here's a good template to use:

It may be true that _____ and it is

also true that _____

Here's an example:

Old Thought: *My supervisor didn't respond to my email asking for a day off, I'm not going to get the time off.*

New Balanced Thought: *It may be true that I haven't heard from my supervisor, and it's also true that they are really busy and not hearing from them, doesn't automatically mean I won't get the time off.*

After we've changed our unbalanced thoughts to ones that are more balanced and helpful, we can change even more by putting the new thought into action. We do this by:

- Testing out the new thought with a new behaviour or attitude
- We remind ourselves of the thought by writing it down and putting it in prominent places in our life (e.g. the fridge door, the bathroom mirror, the dashboard of the car, or your purse or wallet.)
- Taking note of the way the new thoughts impacts our mood and reminding ourselves of the new if our mood starts shifting to the negative.