

# A guide to monitoring your THOUGHTS

**Intent and Purpose:** We tend to follow a pattern of thoughts during stressful situations that are unhelpful and could further pull us down. With this activity, you may be able to recognise these patterns that could help you come up with ways to break them and cope with stress better.

Begin this activity when you are calm and can find a quiet place to do it.

Try thinking about a time when you felt particularly low, worried or stressed. Consider what was running through your mind at that time. What was the predominant unhelpful thought that caused you distress?

The unhelpful thought .....  
e.g: "I am a loser"



Based on the thought that you feel was unhelpful, ponder over these questions:

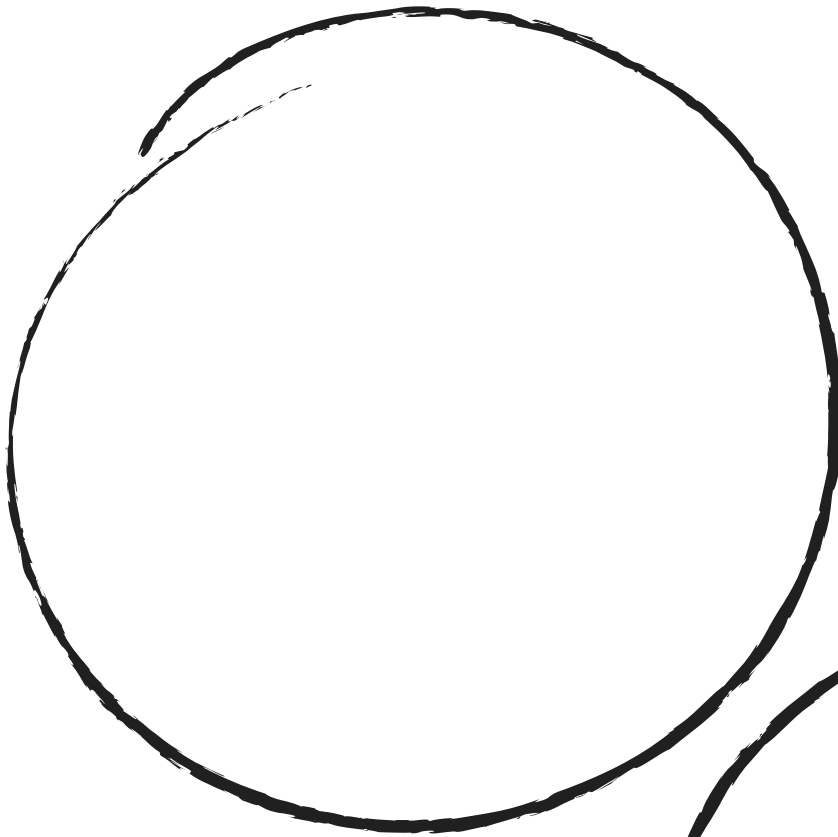
How did this  
thought make you feel?



Are there enough facts to  
support this thought?

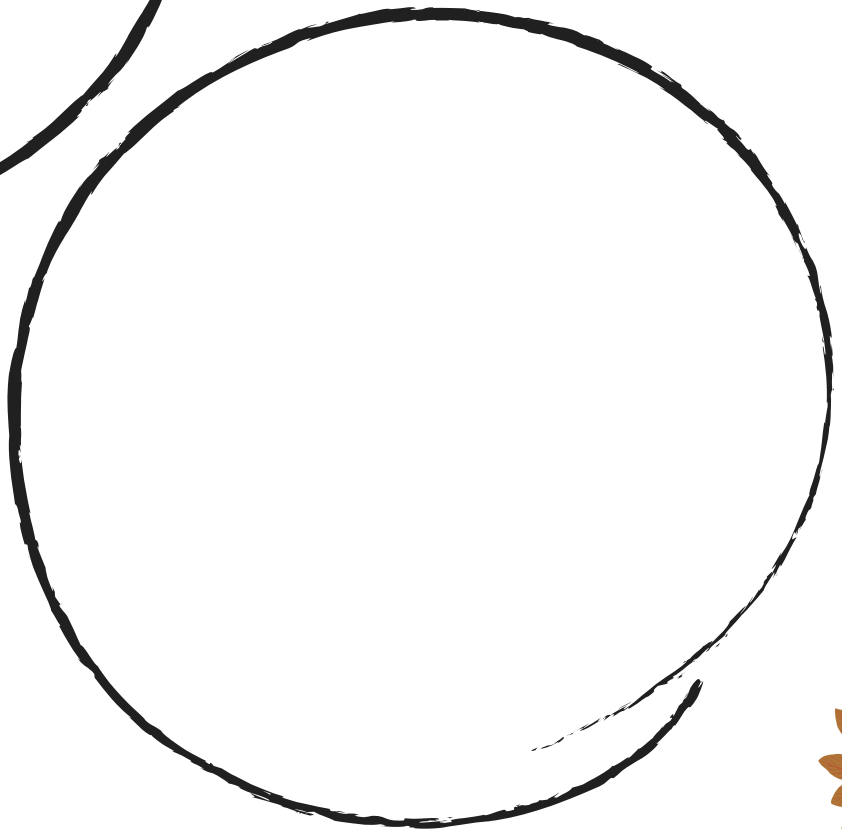


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Could this thought be  
an assumption?

Do you think this  
thought would matter  
one year from now?



Challenging these thoughts could help you change them, which then also helps you change how you feel.



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Can you think  
of an alternative  
thought that is more  
helpful to you and does  
not cause distress?

How does this  
alternative thought  
make you feel?

Moving forward, try to apply these questions to the unhelpful thoughts that you become aware of. You can use this technique to pause and gain perspective; with practice this can become a very effective tool for thought management

