

CHALLENGING DIFFICULT + UNCOMFORTABLE THOUGHTS

PART 1

<p>SITUATION</p> <p><i>What was going on? Where was I? Who was I with?</i></p>	
<p>FEELINGS</p> <p><i>What was I feeling emotionally? What was I feeling physically? How did I know that was how I felt?</i></p>	<p><i>Rate feelings from 1-100%</i></p>
<p>THOUGHTS</p> <p><i>What was I thinking? What does this situation say about me? What does this situation say about others? What does this situation say about my future?</i></p>	
<p>IMAGES</p> <p><i>What images/memories connect to this situation? What images/memories accompany your feelings? What images/memories accompany your thoughts? Do you have images of yourself or other people? Can you smell, hear, taste, feel anything connected to the images/memories?</i></p>	



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IMAGE MEANING

What does this image mean or say about you?

What does this image mean or say about how you expect other people to treat you or react in the situation?

What does this image mean or say about other people?

CHOOSE A MAIN THOUGHT TO EXPLORE

Choose a thought or meaning that best explains your feelings – it can be a combination from the thoughts and meanings boxes above.

Ideally it will be about yourself (“I am...”) or others (“They are...”) or the future (“It will be...”).



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PART 2

THOUGHT BEING EXPLORED:

Rate how believable this thought is (1-100%):

FACTS THAT SUPPORT THE THOUGHT

What are the facts supporting the thought?

What evidence is there that the thought is totally true/valid?

FACTS THAT PROVIDE EVIDENCE AGAINST THE THOUGHT

Is it possible that the thought is an opinion rather than fact?

Is it possible that the thought is not true/valid?

What do other people say about the thought?

IMAGES

Pick a compelling example from the previous box & try to create an image

- *Describe it in detail (where, when, who are you with?)*
- *What are you doing?*
- *What are other people doing?*
- *What do you see, feel, hear, smell, taste?*
- *Try recounting the situation in the present tense – allow yourself to fully remember the situation*
- *Repeat the image **three** times & notice if you remember any additional information*



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IMAGE RATING

Rate how vivid the image was (1-10)
Rate how emotionally real the image was (1-10)

IMAGE MEANING

What does the image mean about your original thought?
If this image is true, what does that say about your original thought?
How does this image counter your original thought?

ALTERNATIVE, MORE BALANCED + REALISTIC THOUGHT:

What would someone else say about this situation?
What's the bigger picture?
Is there another way of looking at the situation?
What advice would you give someone else in the same situation?
Is your reaction proportional to the actual situation?
Is this situation as important as it first seemed?

IMAGE ASSOCIATED WITH BALANCED THOUGHT

Look over the facts *against* the original thought and pick a corresponding image to associate with the balanced thought



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METAPHOR/IMAGE

Create a metaphor or an image representing the balanced thought and explain its relationship to the balanced thought here:

FEELINGS

*Re-rate the feelings you identified above
(Rate 1-100%)
Are there any new emotions?
(Rate 1-100%)*

BELIEF

*How believable is the original thought now?
In comparison, how believable is the balanced thought?*



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NEW FORWARD IMAGE – COPING WITH NEW SITUATIONS

*Think of a situation which would normally trigger your original thought – Imagine coping with the situation **believing the new balanced thought.***

Create a detailed image – how would you act? What would you see/hear/smell/taste/feel?

