ATTENTION !
Notice what your mind is saying

BELIEVE ?
You don't have to believe everything you think !

CHALLENGE
Question your thoughts.

• Consider a new perspective.
• What's the evidence for the thought?
• Is this thought fact or opinion?
• What's the helicopter view?
• What's another way of looking at this?
• How might someone else see this?

DISCOUNT
Let the unhelpful thoughts go.

EXPLORE options.
Choose the best response. What shall I do now? Do it mindfully.

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