



## How to deal with negative thoughts?

### CBT: Cognitive Behavioral Therapy

CBT helps us to better understand the connection between our thoughts, emotions, and behaviors.

It is our thoughts that impact our emotions and behavior - not a situation, person, place, or thing.

#### RECOGNIZE

Recognize negative thoughts

#### IDENTIFY

What triggered the emotion?  
Reality check: are you ignoring, minimizing or exaggerating?

#### CHALLENGE

Where's the proof? Are my thoughts definitely accurate? Are there other explanations?

#### REFRAME

Reframe so your thoughts are no longer negative, personal, permanent and pervasive.



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