

## A GUIDE TO POLICING YOUR THOUGHTS

Consider a particularly unhelpful thought that you've had in the past and write it in the space below. Challenging these thoughts can often help us to change them, (which then also helps us to change how we feel).

The unhelpful thought:

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Answer the questions below to assess your thought:

- 1) Is there substantial evidence for my thought?
- 2) Is there evidence contrary to my thought?
- 3) Am I trying to interpret this situation without all the evidence?
- 4) What would a friend think about this situation?
- 5) If I look at the situation positively, how is it different?
- 6) Will this matter a year from now? How about five years from now?

Once you have asked yourself these questions, read through your answers and try to come up with a more balanced or rational view.

Moving forward, try to apply these questions to the unhelpful thoughts that you become aware of. You can use this technique to test whether or not your thoughts are realistic and balanced; with practise this can become a very effective tool for thought management.