LEARNING TO ARGUE WITH YOURSELF

There are two ways to deal with negative or unhelpful thoughts: Distract yourself and Challenge your thoughts.

**Distract yourself:** Stop! Try and think of something else. Put your attention elsewhere. “Stop, I’ll think this over later...at (___) time.”

**Challenge your thoughts:** Argue with your own beliefs to find new or different beliefs. Four ways to challenge your thoughts:

- **Check the facts:** What are the facts here? What backs up this belief I have?
- **Look at it from a different angle:** What are all the possible causes? Is there a less hurtful way of looking at this?
- **What does it all mean?:** If this true, what difference does it make? What could happen as a result?
- **Are my thought helpful?:** Does this belief harm me? Even if it is true now, can something be changed? How?

*Resource: Seligman, M.*

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