

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.
Harborview CBT+ 07*