

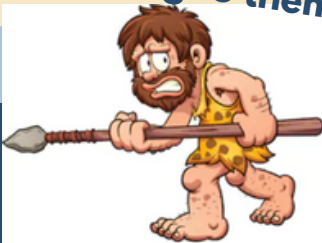
# AUTOMATIC NEGATIVE THOUGHTS



All humans are programmed to focus on the negative rather than the positive. In the past, this gave us an evolutionary advantage and helped us to stay alert so that we could protect ourselves from threats.

This caveman has lots of negative thoughts, he doesn't try berries that might be poisonous and he stays away from animals as he thinks they will eat him.

He survives into adulthood, has children and passes on his tendency for negative thinking to them.



This caveman has lots of positive thoughts, he wants to try all the berries and thinks all the animals want to be his friend.

He doesn't survive, so is unable to pass his positive thinking style on to his children.



In modern life, we don't need to be alert for predators, but the tendency for negative thoughts is still hard-wired into our brains.

We might be unable to stop our negative thoughts, but we do have the power to understand them, acknowledge them, challenge them and to let them go!



# UNHELPFUL THINKING STYLES LINKED TO LOW SELF-ESTEEM?

## MENTAL FILTER OR NEGATIVE GLASSES

The mental filter catches the negatives and filters out the positives, like a 'kitchen strainer'. We see the world through gloomy glasses.

What positives are you disregarding?

## PREDICTION

We think we know what is going to happen, for example, "I will be rubbish at that"

Do you have a crystal ball?

## CRITICAL SELF

We put ourselves down, are self-critical and blame ourselves unnecessarily.

Watch out for your internal bully! Would you say that to a friend?

## MIND READING

We assume we know what other's are thinking - its usually about us and its usually something negative.

Can you really read minds? That would be a super power!

## COMPARE AND DESPAIR

We see positives in others and compare ourselves against them - we identify people we believe are better than us.

Everybody has strengths & weaknesses, nobody is good at everything.

THESE THINKING STYLES  
REINFORCE THE THOUGHT  
THAT WE ARE 'NOT GOOD  
ENOUGH'



# CHALLENGE A THOUGHT

What is your original thought?

Consider: are you using any unhelpful thinking styles, how does your thought make you feel, how much do you believe it to be true?

Evidence that shows the  
thought is TRUE

Evidence that shows the  
thought is FALSE

What is a more balanced / realistic thought?



COMPASS BE



# CHANGE YOUR THOUGHTS, CHANGE YOUR MINDSET

I'M NOT  
GOOD AT THIS.

I CAN'T DO THIS YET.

I GIVE UP.

I'LL USE SOME OF THE  
STRATEGIES I HAVE LEARNT.

I MADE A MISTAKE.

THIS WAS MY FIRST  
ATTEMPT IN LEARNING.

THIS IS TOO HARD.

IF SOMETHING IS HARD,  
IT MEANS I AM LEARNING.

I AM REALLY  
GOOD AT THIS.

I UNDERSTAND THIS BECAUSE  
I HAVE BEEN PRACTISING.

