

Disrupting Negative Thoughts




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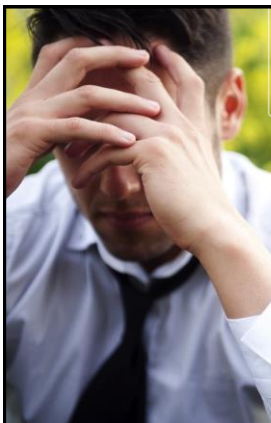
Today we'll discuss

- What are negative thoughts
- Their cause
- When they're helpful
- When they're harmful
- Support and resources



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Where do negative thoughts come from?

- The origin
- Childhood
 - parents, teachers, coaches, friends
- Media
- Gender/race/cultural influences
- Time and place
- Mental health


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Self Assessment

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- How often do you have them
- How debilitating are they?
- Are they ever motivating?
- Take stock at where you are now and where you want to be



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Scenario 1

- You get an assignment at work that is out of your comfort zone... very high pressure and different from the normal
- Your being told you have to do it
- What happens? What is your first thought?




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Thinking Errors

- Filtering
- Assuming/jumping to conclusions
- Catastrophizing/slippy slope
- Black and white
- Marginalizing
- Personalization
- Overgeneralizing
- Should of, could of, would of



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Understanding the Process

- Root cause... trigger occurs
- Its now time to rewire your brain
 - What was you first thought?
Fear? Anxiety?
 - In one nano second the fear/anxiety sets in

Boom! Catastrophizing occurs and you start to hear those inner voices

Why? Why isn't or wasn't it... I got this?

Past history plays a part in this

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Analysis

- Acknowledge
- Analyze

Activity:

- List one or two worries
- Next to each ask yourself....
 - Where did this come from?
 - How am I feeling?
 - What evidence do I have to support the thought/feeling?
 - Is there a thinking error involved?
 - How can I reframe this more positively?

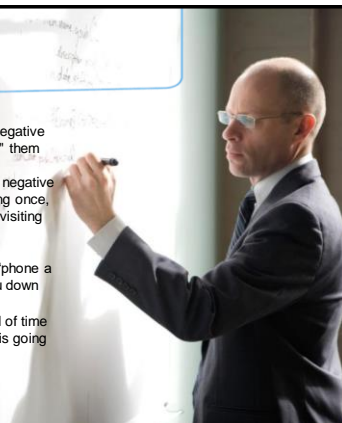


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Strategies

- Dr. Andrew Shatee
 - Learn to spit out your negative thoughts and not "drink" them back up
 - We should only have a negative thought about something once, and should never be revisiting that... be done with it
- Support
 - Have your one special "phone a friend" who can talk you down
- Distraction
 - Giving yourself a period of time to not think about what is going on




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Refocus & Reclaim

- Importance of moving forward
- Living with less regret
- Pride
- Achieving goals

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Confidence

- Role of confidence to disrupt negative thinking
- Is this the work you need to do?
 - Practice self confidence boosting tips

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Inspiration

- Rosa Parks
- Warren Buffet
- Identify who inspires you?
- Sometimes with confidence, drive and motivation you can think... I got this!

Who are your role models?

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- Let's Talk Depression – A Multi Resource Tool Kit
- Comprehensive website
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Questions?

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