

Cognitive Change Exercise

Use this exercise to develop the “Catch, Check, Change” reflex for handling negative or unhelpful thinking. This requires practice and self-discipline.

Catch It	Check It	Change It
<p>Notice the negative or unhelpful thought or thinking process. Ask yourself – <i>“What is the mind saying or getting caught up in?”</i></p>	<p>Is thinking this way realistic? – is there concrete evidence to support or oppose the thought?</p> <p>Is thinking this way logical – does it make sense?</p> <p>Is thinking this way helpful to me? – does it fit with my values and goals?</p> <p>Which of the following thinking traps am I falling into?</p> <ul style="list-style-type: none"> <input type="checkbox"/> Catastrophising <input type="checkbox"/> Polarised thinking <input type="checkbox"/> Over-generalising <input type="checkbox"/> Negative filter <input type="checkbox"/> Jumping to conclusions <input type="checkbox"/> Mind reading <input type="checkbox"/> Emotional reasoning <input type="checkbox"/> Musts/should <input type="checkbox"/> Labelling <input type="checkbox"/> Blaming 	<p>What is a more realistic, logical and helpful way of thinking about this?</p> <p>How will thinking this way help me to act according to my values and goals?</p> <p>Am I willing to let go of the struggle with the negative thought in the service of focusing on what really counts?</p>