

Tip Sheet 6: Challenging negative self-talk with six questions.

How we interpret life events has a huge bearing on how much stress we experience. Part of this interpreting is how we think and what we say to ourselves in our heads; this self-talk can be constructive or self-defeating. Here are questions to support realistic thinking:

- What is the evidence for or against this belief? Am I exaggerating?
- Are there other possible interpretations of, or explanations for, this situation?
- Even if this is true (or partly true), will this make a big difference to me in a week, a month, or a year? Will I be okay if this is the case?
- What are the odds? How likely is it that this will really happen?
- What would happen if I didn't believe this anymore? What would change?
- How useful is it for me to think this? Is this getting me what I want?