



## Change your thoughts, change your feelings

The thoughts you are having may be driving how you feel. If you can figure out a way to think more positively, you will be able to feel more positively. This is called changing your perspective or re-framing. It may not fix a problem, but it can help you feel differently about it.

<b>Negative, unkind, uncaring, punishing thoughts</b>	
My thought	
On a scale of 1-10 how do I feel about this now? 10=very bad	
<b>How could I think about this differently?</b>	
What practical thoughts could I have?  What can I do to help this/change this? How and when?	
Kind and Caring thoughts  Is there anything I can think or say to myself that could help me through this?  What can I say to show I	



<p>have an understanding of why I might be thinking like this?</p>	
<p>What might a caring friend say to me?</p> <p>What would I want someone to say to me, what would make me feel a little better?</p>	
<p>Can I do anything about this?</p> <p>If not, is it possible to let this go and move on?</p> <p>If not, why can't I let it go?</p>	
<p>Would it help if I talked through this with someone such as a friend or counsellor?</p> <p>Who and When?</p>	
<p>On a scale of 1-10 how do I feel about this now?</p> <p>10=very bad</p>	

If your feelings have improved after thinking about this particular thought differently, could you get in the habit of trying it every time?