

# humantold

---

## Breaking Negative Thought Patterns

The following series of steps will allow you to identify possible errors in your thinking.

**Step 1:** Look at the evidence that supports your thought. Are there any real reasons to believe your negative thoughts? Make sure to be as objective as possible, neither skipping over any available evidence nor filtering the evidence through a negative lens.

**Step 2:** Look for evidence that does not support your thought. Is there anything your thought ignores? You might also think about what you would tell a friend in your situation. What would you point out that they might have ignored?

**Step 3:** Look for possible errors in your thinking. Ask yourself whether your thought means what you've assumed. Even if it's true, is it as bad as it seems? Write down any errors you discover.

**Step 4:** Identify a more accurate and helpful way of seeing the situation. How can you modify your initial thought to make it more consistent with reality? Take care to come up with a thought that is supported by facts, rather than a generic self-affirmation or a simple rebuttal of the automatic thought.

**Step 5:** Notice and record any effects of the new thought on your feelings and behaviors. As we practice new ways of thinking, we'll start to experience changes in our feelings and behaviors. Take note of any effects you're aware of. As always, be honest with yourself, even if that means saying you didn't notice any improvement in your feelings and behaviors. It will be valuable to know what works for you and what doesn't.

### Homework:

Evidence for my thought:

---

---

---

# humantold

---

Evidence against my thought:

---

---

---

Were there any errors in my thinking?

---

---

---

What is a more accurate and helpful way of looking at the situation?

---

---

---

What are the effects of my new thought?

---

---

---