

Exercise

Reframing Your Thinking

Thinking about what you have said, let's start to understand how negative thoughts are generated and made stronger. Sometimes we need to find a way to challenge our own thinking, this can be by weighing up **for and against** arguments.

Process:

1. Identify your negative thought. Example: I am not good enough for my partner.
2. Identify all the reasons you may feel that way. Example: they are more attractive than me, have more money than me.
3. Identify some arguments against your negative thought. Example: they asked me to be their partner, they wanted a baby with me.
4. Re-evaluate your negative thought. Example: There are some things about my partner which make me worry that I am not good enough for him, but there are some things which give me confidence in our relationship.

Use the chart below to think through your ideas:

Negative thought:	
Evidence that the thought may be true:	Evidence that the thought may be false:
New more balance thought:	