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1. Identify where your thinking has become distorted.
 2. Use a straightforward approach.
 3. Do a Pro-Con analysis.
 4. Look for proof.
 5. Reality testing.
 6. Experiment.
 7. Switch places.
 8. Predictions.
 9. Testing the negatives.
 10. Look for gray.
 11. Definitions.
 12. Stay focused.
 13. Rid yourself of should.
 14. Blame game.
 15. Acceptance.
1. Review the Cognitive Distortions list. Where do you find yourself ?
 2. Substitute a more positive thought, even if it seems only pretending.
 3. List the Pros/ Cons of a negative thought, feeling or belief. We all get something out of it.
 4. Look for evidence that support your beliefs.
 5. Look objectively at your self-talk. Is it all true? Could it be? It's also helpful to put some distance between ourselves and our problems. (Outer Space)
 6. Try blowing up the negative self-talk 100%, do you see how ridiculous it all sounds?
 7. Pretend you are talking compassionately to a good friend who has been hurt. Talk to yourself that way.
 8. Predict how satisfying an activity will be ahead of time. Record how they turn out. Are you using a self-fulfilling model?
 9. Circle a negative thought and ask yourself what is the worst that could become of it? Do you want to go there? How far do you want to go?
 10. Identify areas where you think in black or white.
 11. Get a dictionary. Look up the words you believe to be true about yourself. How much truth is there?
 12. Stay focused on reality. Pull yourself out of the dredges of self-hate. Be here in the now. You can be alright.
 13. Eliminate "Should" statements from your vocabulary. They are loaded with judgments.
 14. Consider the contributing factors when something goes array.
 15. Accept that nobody is perfect. Be aware of your quirks.