

Generic New More Adaptive Thoughts AND the Mindfulness Approach

These can be used alone or in addition to new thoughts you create by answering the question, what's another way to think about this situation?

1. "I don't have to believe this thought." If you are strongly fused with your thought, believing it at an 8, 9, or 10, probably best not to start with this. May have to work up to it. You can say instead:
2. "It doesn't help me to feel better to think this thought" (or to believe this thought). This is just plain true. It doesn't help us to feel better to think our negative thoughts, it helps us to feel WORSE to think them.
3. I'm not this thought, I'm the observer of it.
4. I'm not his thought, it's my brain sending me a false message.
5. The Mindfulness Approach If for any reason you don't want to challenge the negative thought and come up with a new one, you don't have to. In the mindfulness approach, instead of changing the thought, you change your relationship to the thought. The change is from being identified or fused with it, or believing it at a high number, to disidentifying or defusing from it. It is language change, basically 3 choices:
I'm having the thought that
I'm noticing I'm having the thought that
Something in me is saying
Try each on and use the one you like best. Can be combined with #1 and/or #2 or with any phrase you create. Also stands alone.

These language changes put you in the point of view of the observing self.