

# 10 THINGS TO DO WHEN YOU START TO EXPERIENCE NEGATIVE THOUGHTS

 @BELIEVEPHQ

Ask yourself is the thought that I am experiencing fact or opinion?



Once you have written down your thoughts look for the evidence for and against your thoughts



Take a breath and slow down. Try engaging in some deep breathing to reduce physiological and psychological arousal



Ask yourself "What would someone else say in this situation? What advice would I give to a friend or family member?"



Understand the impact your thoughts have on your emotions, physical sensations and behaviours



Try to come up with a more realistic or alternative perspective



Identify whether any of your thoughts can be categorised as a thinking error



If you experience a negative thought try and refocus on what is you were doing



Write down your negative thoughts on a piece of paper



Stay in the present moment. Engage all your senses to stay present

