EMOTIONAL REASONING & THOUGHT STOPPING:
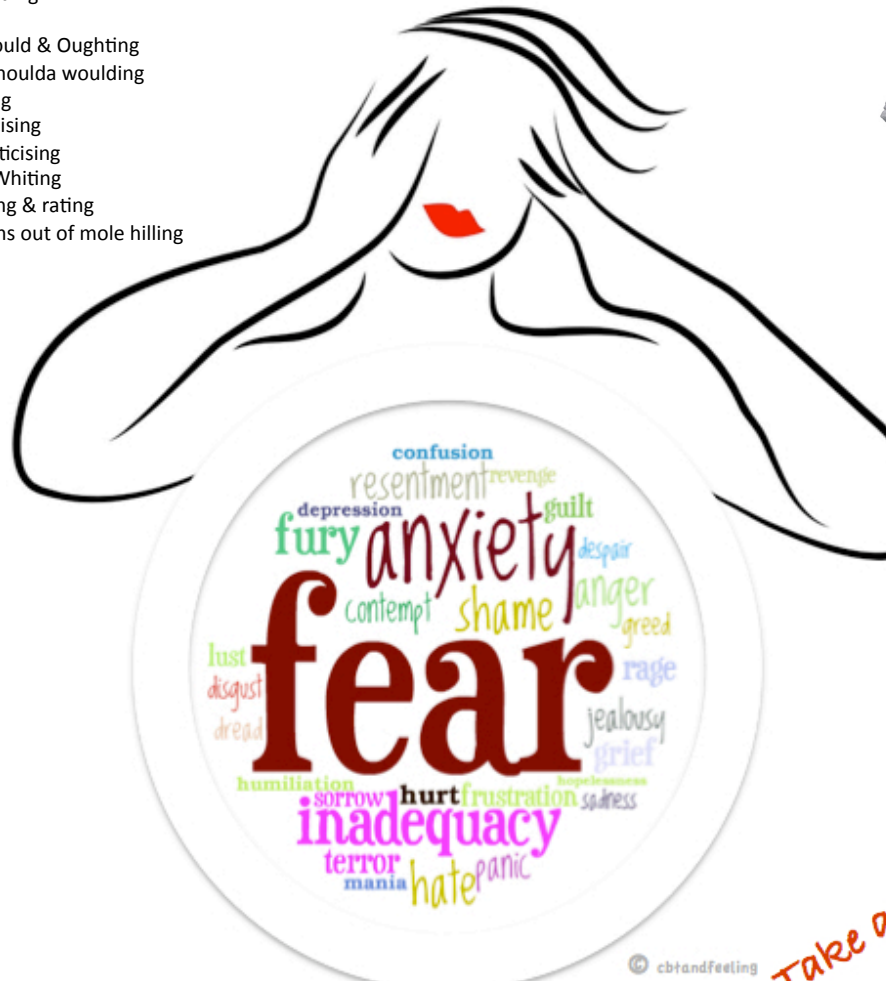
"I feel bad, therefore it is bad..."

UNHELPFUL THINKING HABITS:

Fortune telling
Mind reading
Judging
Must Should & Oughting
Coulda shoulda woulding
Awfulising
Self criticising
Other criticising
Black & Whiting
Comparing & rating
Mountains out of mole hilling

In Cognitive Behavioural Therapy we are taught that 'feelings are not facts', and that it is our thoughts and beliefs that largely cause our feelings – and that events and situations, no matter how challenging, only influence them.

When you are feeling bad – train yourself to pause and 'thought-stop,' and ask yourself the following:

"Is this emotion warranted, or am I causing myself needless upsettness?"

Am I using mental filtering? Sometimes we see what we expect to see, and we find what we go looking for... if we have a stress disorder that has caused a shift in thinking to a distorted negative bias, we filter situations and events through a negative filter of *unhelpful thinking habits*, not really seeing what is there, but instead seeing the way we have decided it is, or expect or assume it is.

Am I seeing things clearly? Let's say your eyes are camera lenses, but the lens is off track when you have a stress disorder – remind yourself of this, breathe, and consider and reappraise.

Am I about to choose a self sabotaging behaviour because of this feeling? Emotional reasoning causes us to choose actions that hurt us and our happiness – e.g. cancelling plans, lashing out, punishing others for what you think is their bad behaviour, procrastinating, sullking, endlessly visualising retribution, hiding from life and stimulation, and so on.

"I'm okay, it's okay. I'm feeling emotionally and physically upset more because I have a stress disorder than because of the situation – but that's okay, it is what it is – it's a condition, I'm learning to understand it and manage it, I'm doing my best. I'll take a little time out **here…. "**

Take a deep breath, and let it go…..

push to SELF SABOTAGE

Take a deep breath... ...and let it go