
DEFUSING UNHELPFUL THOUGHTS



MUSICAL THOUGHTS

Take a negative thought like "I am an idiot" and sing it to yourself to the tune of Happy Birthday.



SILLY VOICES

If you have a thought that upsets you, pick an animated cartoon character or your least favourite politician. Hear the troubling thought in their voice as if the character was speaking your thoughts out loud. e.g. "This meeting is not going to go well" in Donald Duck's voice.



THANKING YOUR MIND

When you have a negative thought, simply say "thank you mind" e.g. "Ah yes! the I'm a failure story. Thanks so much, mind!"



TELEVISION SCREEN

If an unpleasant image comes to mind, imagine it on a small TV screen. Play around with the image. Flip it, spin it around, play it in slow motion, play it in reverse. Change the colour and brightness.



NAMING YOUR STORIES

Identify your mind's favourite stories and give them names e.g. 'the loser story' 'the I'm not good enough story'



I'M HAVING THE THOUGHT THAT...

Place "I notice that I am having the thought that" in front of your thought. e.g. "I notice that I am having the thought that I am worthless"