

superlife: managing negative thoughts''

This week Dr Happy helps us take the next step in dealing with the negative nag in our heads. That's right, it's time to tell her to move along (and discover the positive chick in your head instead!)

The important first step is to determine which thoughts are helpful and which aren't. But further to this, ask yourself the following questions to help separate those thoughts worth 'keeping' from those that should be questioned or reassessed:

**1. WHAT THOUGHTS ARE GOING THROUGH MY MIND?
WHAT AM I SAYING TO MYSELF? WHAT STORY AM I TELLING?**

**2. HOW DO I FEEL WHEN I THINK THESE THOUGHTS? IN WHAT WAY DO THESE THOUGHTS, EXPECTATIONS AND/OR BELIEFS IMPACT ON MY ACTIONS?
ARE THESE THOUGHTS HELPFUL AND REALISTIC?**



**3. IF MY THOUGHTS ARE UNREALISTIC THEN WHAT'S REALLY GOING ON?
WHAT ARE THE FACTS? WHAT EVIDENCE IS THERE FOR AND AGAINST
WHAT I'M TELLING MYSELF?**

**4. HOW DO I FEEL WHEN I THINK THESE THOUGHTS? IN WHAT WAY DO THESE
THOUGHTS, EXPECTATIONS AND/OR BELIEFS IMPACT ON MY ACTIONS?**

**5. NO MATTER WHAT'S GOING ON, WHAT POSITIVES CAN I FIND?
WHAT CAN I DO ABOUT THIS SITUATION?**
