

Negative Thoughts

"Negative thinking" refers to a pattern of thinking negatively about yourself and your surroundings. While everyone experiences negative thoughts now and again, negative thinking that seriously affects the way you think about yourself and the world and even interferes with work/study and everyday functioning could be a symptom of a mental illness, including depression, anxiety disorders, personality disorders and schizophrenia."

Negative thinking is something we all engage in from time to time, but constant negativity can destroy your mental health, leaving you depressed and anxious.

Science shows that positive thinking can improve mental wellbeing minimise stress and even lead to better cardiovascular health, yet many of us are stuck following patterns of negative thinking.

You can challenge your negative thoughts when using the attached worksheets. In the worksheets you can take a step back and consider your situation and thoughts from a new perspective, such as that from a friend. Questions are designed to lead you to look at their negative thoughts more objectively.

The thought logs can be used to help you recognise and then challenge your irrational beliefs. This particular thought log includes examples of negative thoughts, and possible rational counter-statements. You can use this thought log to help practice identifying different ways you could have seen a single situation, and how these perspectives may have affected your feelings about that situation.

Resources:

Challenging negative thoughts

Countering negative thoughts

Challenging my own thoughts

What is negative thinking? How it destroys your mental health

<https://www.healthyplace.com/self-help/positivity/what-is-negative-thinking-how-it-destroys-your-mental-health>

How to deal with negative thoughts (the healthy way)

<https://www.lifehack.org/867539/negative-thoughts>

Negative Thoughts – How to stop them

<https://www.verywellmind.com/how-to-change-negative-thinking-3024843>