

Reframing Unhelpful Thoughts: Break the Cycle



Feeling worried is natural, but anxious thoughts can sometimes hold us back. Take a moment to step back, check the facts, and explore a new perspective. With time, this simple practice can boost your mental health and wellbeing.

The "Catch It, Check It, Change It" Technique

This technique is a cornerstone of cognitive behavioral therapy (CBT) and can be highly effective in managing stress, anxiety, and improving overall mood

1 Catch It

Recognise unhelpful thought patterns

- Expecting the worst
- Ignoring positives
- Black and white thinking
- Self-blame

2 Check It

Examine the evidence

- How likely is this outcome?
- Is there evidence to support this thought?
- Are there alternative explanations?
- What would I tell a friend in this situation?

3 Change It

Reframe your perspective

- Replace negative thoughts with neutral or positive ones
- Focus on what you can control
- Consider multiple outcomes
- Practice self-compassion



Practice regularly

Don't worry if you can't change every thought

Seek professional help if needed



Impacts of Reframing

Remember, while reframing thoughts won't solve all your worries, it can provide a fresh perspective and help break the cycle of negative thinking. With practice, this technique can be a powerful mental wellbeing tool.

- Reduce stress and anxiety
- Improve sleep quality
- Boost overall mood
- Increase resilience to negative situations
- Develop more flexible thinking patterns

Practical Strategies for Catching Unhelpful Thoughts



Catching unhelpful thoughts is a skill you can build with practice. Try these techniques to spot negative thinking in your daily life

1. Mindful Awareness



Practice short 5-minute meditation sessions throughout the day.

Focus on observing your thoughts without judgment.

Learn to recognise thoughts as they arise, then gently let them drift away.

2. Thought Tracking Methods



Keep a small notebook or use a note-taking app on your phone.

Jot down negative thoughts as they occur. This helps you identify patterns and triggers of negative thinking.

3. Self-Reflection Techniques

Create a two-column journal: Write down unhelpful thoughts on the left side. Add counterarguments or alternative perspectives on the right side.

Consider writing thoughts in quotation marks to view them as temporary, not absolute truths.

4. Practical Exercises



Set periodic reminders to check your thought patterns.

Take a deep breath and pause when you notice a negative thought.

Ask yourself: "Is this thought helpful? Is it objectively true?"