

Amazing Minds

Noticing Unhelpful Thoughts

We 'filter' our world according to our experiences

Our minds are bombarded with information all the time. Over a million bits of information are fired at us in a single second.

That's way too much information for even the sharpest mind to handle so we change it into something more manageable. We create stories or thoughts.

Stories and thoughts may or may not be true. They may or may not be helpful.

We delete, distort and generalise information



Actions



Notice unhelpful thoughts.

Name them.

Play around with them.

It's hard to make unhelpful thoughts go away however, with practice, we can lessen their hold on us and that way we lessen their power over us.

Try the following with unhelpful thoughts:

- ✓ Sing them to yourself
- ✓ Say them in a funny voice
- ✓ Imagine a cartoon character saying them instead of you?

Think carefully about the words you choose.

Try changing unhelpful words for helpful words. See how that affects your thinking.

Try the mindful exercises

Small actions and some 'aye can ' attitude will soon make a difference