

retrain your brain toolbox

When adversity prompts negative thoughts:

Be aware

Distance

- Allows you to suspend belief long enough to verify it's accuracy and respond instead of react
 - Separate yourself from the thought – it is just a thought
 - “Sit behind the waterfall”
 - Ask yourself: Is this useful?

Distract

- Best used when you don't have time at the moment to dispute
 - STOP
 - Attention shifting
 - Schedule time
 - Write thoughts down

Dispute

- This is the most important technique to change your thought patterns and embrace learned optimism
- Practice disputing your negative thoughts as much as possible
 - Use evidence, alternatives, implications and usefulness
 - Focus on the changeable, the specific and the non-personal
 - ABCDE Model
 - Adversity
 - Beliefs
 - Consequences
 - Disputation
 - Energization

ABCDE Model Practice Worksheet

Adversity:

Beliefs:

Consequences:

Disputation:

Energization:

Adversity:

Beliefs:

Consequences:

Disputation:

Energization:

ABCDE Model Practice Worksheet

Adversity:

Beliefs:

Consequences:

Disputation:

Energization:

Adversity:

Beliefs:

Consequences:

Disputation:

Energization:

ABCDE Model Practice Worksheet

Adversity:

Beliefs:

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Adversity:

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