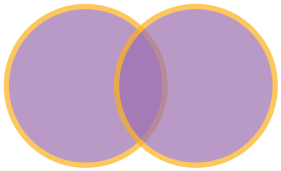
WORKSHEET 5.1:
UNHELPFUL THOUGHT PATTERNS AND CHALLENGING THEM

UNHELPFUL THOUGHT PATTERN	TALKING BACK TO YOUR UNHELPFUL THOUGHT PATTERNS
All or Nothing Thinking: Thinking in extremes. For example, all good or all bad, the best or the worst, perfect or failure.	• What's in the middle? • Are there more shades of gray? 
Overgeneralization: Taking one negative characteristic or event and seeing it as a never-ending pattern. For example, someone betrayed me so I don't trust anyone. I couldn't do this one thing so I can't do anything.	• Am I assuming that every situation and every person are the same? • This is just one situation, one person • Can I remember other situations and people that were different?
Blaming Oneself: Thinking that when negative things happen they are always your fault	• Am I to blame for everything that turns out badly? • Do only bad things happen to me? • Remember the good that has happened and all that I have achieved.
Negative Fortune Telling: Thinking that you can see how things will be in the future and that they are sure to turn out badly. 	• Can I really predict the future? • Why not find out how it will turn out rather than just imagine the worst?

WORKSHEET 5.2:
WAYS TO CHANGE UNHELPFUL THOUGHTS

- There are a number of strategies for changing unhelpful thoughts. Let's focus on four specific strategies.
- These strategies are important because they are tools you can use when you feel stuck or overwhelmed with unhelpful thoughts. They can help you take some control over the thoughts and help you change the way you are thinking, to improve your mood and reduce your stress.

STRATEGY	DESCRIPTION	EXAMPLE
Thought Interruption	• Tell your mind to STOP thinking the unhelpful thought • It's like holding up a big STOP sign in your mind • The trick is that first you need to notice yourself having the unhelpful thought 	*"I'm a bad mother."* When you catch yourself thinking you are a bad mother, instead of getting caught up in all the reasons why you think you are being a bad mother, just think, "There's that unhelpful thought again. I've had that thought before and I know it is an unhelpful thought. I'm going to STOP thinking that now." Sometimes it works to think a more helpful thought instead, like "*I'm not a bad mother, I'm just feeling really overwhelmed right now, and I need to try to balance my stress.*"
Talking Back	• Talking back encourages you to talk to yourself and give yourself helpful instructions or directions that challenge the unhelpful thought you are having	When you catch yourself having an unhelpful thought, try telling yourself that you are going to raise your baby with a lot of love or that you are going to try to be the best parent possible. Saying things to ourselves is almost like being a good parent to ourselves.

WORKSHEET 5.2:
WAYS TO CHANGE UNHELPFUL THOUGHTS CONTINUED

STRATEGY	DESCRIPTION	EXAMPLE
Worry Time	• Give yourself a specific time in the day to think about stressful things in your life so you don't worry all day. • Another way to use worry time is to spend time talking with a friend or family member so that you are not focusing on the stressful things in your life.	If you find yourself overwhelmed by thoughts that make you worry, setting aside "worry time" for a few minutes a day can help because it allows you to make sure that the stressful things in your life don't take up all your time and attention. This skill will also help your baby because your baby won't see you worrying, being anxious, and being distracted when you're with him or her. Your baby will see that you can enjoy life and can solve life's problems. It will also allow you to be more present and able to bond with your baby because you will be less distracted by stress in your life.
Time Projection	• When we talk about time projection, it means imagining a time in the future when things will be better	Sometimes when things are going badly we think that things will stay bad forever. This strategy reminds you to have hope for the future when you are feeling really down. Sometimes imagining the things we want for the future can give us hope and motivate us.

WORKSHEET 5.3:
STOPPING UNHELPFUL THOUGHTS

What was the unhelpful thought?	
What strategy did you use to try to stop the unhelpful thought?	
How effective was the strategy?	

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