

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
<p>Thought Interruption</p>	<ul style="list-style-type: none"> • 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 	<p><i>"I'm a bad mother."</i> 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."</p> <p>Sometimes it works to think a more helpful thought instead, like <i>"I'm not a bad mother, I'm just feeling really overwhelmed right now, and I need to try to balance my stress."</i></p>
<p>Talking Back</p>	<ul style="list-style-type: none"> • Talking back encourages you to talk to yourself and give yourself helpful instructions or directions that challenge the unhelpful thought you are having 	<p>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.</p>