

# LEARNING TO ARGUE WITH YOURSELF

There are two ways to deal with negative or unhelpful thoughts: **Distract yourself** and **Challenge your thoughts**.

**Distract yourself:** **Stop!** Try and think of something else. Put your attention elsewhere.

“Stop, I’ll think this over later...at (\_\_\_) time.”

**Challenge your thoughts:** Argue with your own beliefs to find new or different beliefs. Four ways to challenge your thoughts:

***Check the facts:*** What are the facts here? What backs up this belief I have?

***Look at it from a different angle:*** What are all the possible causes? Is there a less hurtful way of looking at this?

***What does it all mean?:*** If this true, what difference does it make? What could happen as a result?

***Are my thought helpful?:*** Does this belief harm me? Even if it is true now, can something be changed? How?

*Resource: Seligman, M.  
CBT+*