

Challenging Negative Thinking

CMHA Waterloo Wellington



About the Presenter

Angela Heeley is the Mental Health Promotion and Education Coordinator and has worked for CMHAWW for 11 years in a variety of roles, including crisis support, group facilitation, outreach, family education and suicide intervention.



Content



- 1** **Aware**
What are some of the types of negative thinking we engage in?
- 2** **Explore**
Strategies for calming emotions & challenging negative thought patterns
- 3** **Act**
Apply strategies
Get resources for more support

Cognitive Distortions

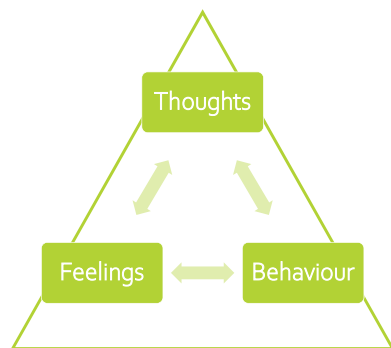
Black & White Thinking	Polarized, Either/Or thinking
Filtering	Magnifying/Minimizing
Shoulds	Rigidity, Dictating, Judgment
Always Being Right	'Winning' no matter what
Fallacy of Change	Unrealistic expectations/control

Cognitive Distortions

Personalization	It's about me.
Catastrophizing	Chain argument of doom
Jumping to Conclusions	Unhelpful assumptions
Blaming	It's all your fault!
Overgeneralizing	Limited evidence

The Cognitive Triangle

Notice the interactions between these elements



Reactive

Emotion based
Subjective
Judgmental
Impulsive
Less control
May regret later



Responsive

Based on accurate thinking
Objective
Considered
More control
Less opportunity for regret



Reactive vs. Responsive

Emotion Focused

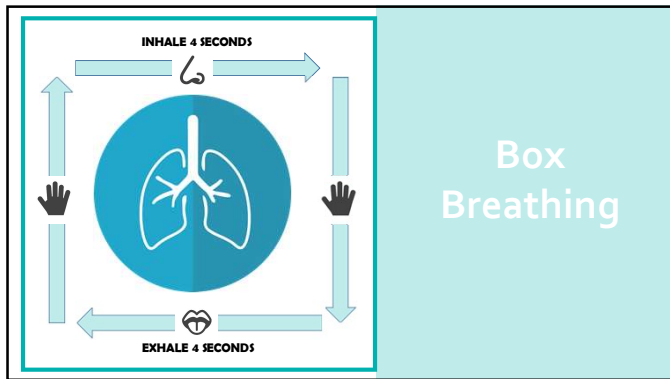
- Less in control
- Overwhelmed
- Not necessarily logic or fact-based

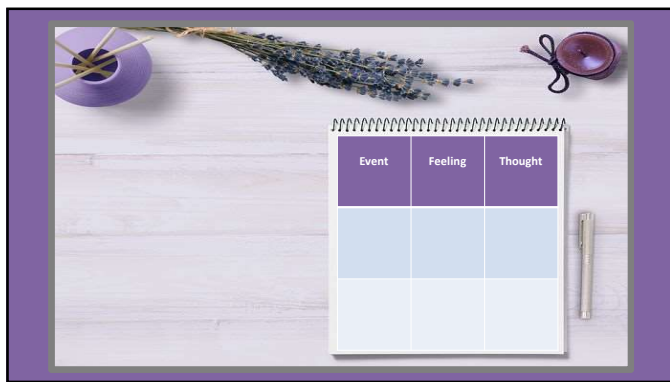
Actions: mindfulness, calming exercises, self soothing, distraction, talking

Problem Solving

- More in control
- Not overwhelmed
- Thinking clearly
- Logical

Actions: decision making, planning, researching, strategizing, scheduling, evaluating








Reality Check	
Alternatives	
Perspective	
Goals	

Challenges to your thoughts

reachout.com

Reality Check



- What is the evidence for this?
- Is it possible I am wrong about this?
- Is there a way to confirm the truth?

Remember:

Feelings are not facts.

Alternatives



- Is there another way to look at this situation?
- Am I sure this is the only outcome?
- What would I tell a friend who was thinking this way?

Remember:

Beware of rationalization & confirmation bias

Perspective



- What/who influences my beliefs?
- Will I always view this the same way?
- Will this matter in time?

Remember:

**Oftentimes we misjudge
what we want & what will
make us happy**

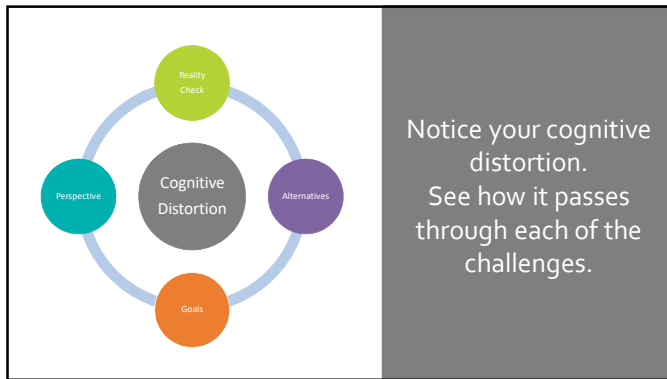
Goals



- Is this way of thinking working out for me?
- What are some ways to work around the issue?
- What can I learn from this?

Remember:

**Reducing your stress
is a valid goal!**



Belief: "I need to be perfect and I should feel guilty and ashamed every time I don't get 100%, or if I make a mistake."

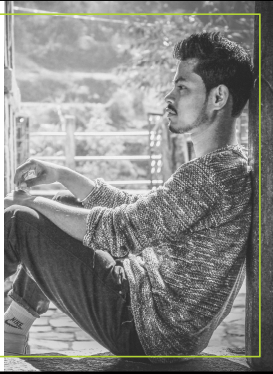
Distortions:

Black & white thinking
Always being right
Filtering

Reality Check	<ul style="list-style-type: none"> Nobody is perfect all of the time. Mistakes are normal.
Alternatives	<ul style="list-style-type: none"> I can learn that I can still be good even if not 100%.
Perspective	<ul style="list-style-type: none"> After I make mistake, I can see it wasn't the end of the world.
Goals	<ul style="list-style-type: none"> My perfectionism is connected to my feeling bad & that is not consistent with wanting to reduce my stress

Over time, & with practice, we may learn to recognize our reactivity and distorted thinking, & try new ways.

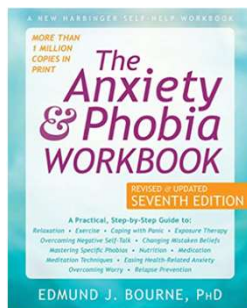
If you find your thoughts and emotions to be pervasive and overwhelming, help is available.





1 844 437 3247
(HERE247)

Call anytime to access
Addictions, Mental Health
& Crisis Services
Waterloo-Wellington



BounceBack[®]
reclaim your health

A free program to help
you tackle depression
and anxiety.

bouncebackontario.ca
1-866-345-0224



Helpful Apps

- Calm
- Insight Timer
- Down Dog
- Headspace
- Mindshift
- Stop. Breathe Think.
- Breethe meditation
- Gratitude Journal 365
- 10% Happier



Other Websites

- camh.net
- mentalhealthhelpline.ca
- wrspc.ca
- mentalhealthcommission.ca
- 211Ontario.ca
- ccohs.ca



**For more
information:**

Questions regarding this presentation:
Angela Heeley
Email: aheeley@cmhaww.ca

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