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Wellness Tips for Youth: Challenging Negative Thoughts

WHAT IT IS NOT

- This is **NOT** dismissing your negative thoughts
- This is **NOT** just positive thinking.

SOME THOUGHTS

- Think of Your Brain as a Balance Scale...

If you put any negative thoughts (as we all do) then immediately put in positive thoughts to balance things out.



WHAT IT IS

- This **IS** interrupting your negative thought-feeling-action spiral
- This **IS** testing out your underlying beliefs
 - “How likely is this to happen?”
 - “How accurate / realistic is this thought?”
- This **IS** asking yourself about the rest of the picture
 - “What is the other side of the picture?”
 - “What are the good things about this?”
 - “What can I learn from this?”