Dr Gemma Leigh Roberts

REFRAMING YOUR THOUGHTS FOR WELLBEING

STEP-BY-STEP COACHING GUIDE

One of the common ways we can limit ourselves when it comes to developing psychological wellbeing is by allowing permanent negative thoughts to continue over time.

When you make a mistake, do you think, '*I always get this wrong*' or '*I never get it right when trying new things*'? In these instances, you're using fixed, permanent statements. You're using words such as '*always*' and '*never*', and they're being used to imply a negative outcome. So much of this thinking is subconscious; it's hard to detect.

Permanent statements aren't always an issue; imagine if you flipped the statements to '*I never look at experiences as getting it wrong. I always learn something*'. The problem with permanent statements is when they imply negative outcomes.

You can challenge yourself to consciously notice these thoughts in your head and replace either the permanent statement, using words such as '*sometimes*' or '*on this occasion*'.

Let's start with addressing permanence, your thoughts might change like this:

I always get it wrong → **Sometimes it takes me a few attempts to get it right**

I never get it right → **I haven't figured out the solution yet**

You could change the negative focus and find a positive opportunity, such as:

I got it wrong
(negative outcome) → **I'm learning**
(positive outcome)

Changing how you think about a situation can change how you behave. By minimising negative permanent statements, you'll feel less like a failure when you make mistakes, and you might find that you're kinder to yourself, which can improve your wellbeing.

If you'd like to track how often you notice permanent negative thinking in your day-to-day life, use the weekly thought tracker to reflect on your thoughts and shift your thinking towards a positive or less permanent focus.

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	Reflection: Permanent negative thoughts I experienced today.	**Mindset shift:** How I could change these thoughts to either a positive or less permanent focus.
Monday		
Tuesday		
Wednesday		
Thursday		
Friday		
Saturday		
Sunday		

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