ALTERNATIVE THOUGHTS & ACTIONS

1. Dark or Distressing Thoughts	2. Alternative Thoughts	3. Alternative Actions
What are the thoughts (words, images, memories) that made me feel distressed?	<i>What I will tell myself (as reasonable alternatives to the distressing thoughts):</i>	What I have done in the past that helped:
		My coping resources:
	<i>What would I say to a close friend who was feeling this way?</i>	
4. Call for help (if still necessary)		What I will do to help calm and soothe myself:
If I still feel overwhelmed and out of control, I will I call, and/or go to:	Coping statements, positive self-talk:	
		<i>What I can I do for the next 20 minutes (and give it my full attention):</i>
E.g. Friend / relative, Health professional, Helpline (Samaritans 08457 90 90 90), A&E, 999	What can I tell myself that will make me feel better, or remind myself of good things about me, my life, the future?	To help me cope, I can choose to do things for 20 minutes at a time. If nothing helps, then I can go to step 4