

ALTERNATIVE THOUGHTS & ACTIONS

1. Dark or Distressing Thoughts	2. Alternative Thoughts	3. Alternative Actions
<p><i>What are the thoughts (words, images, memories) that made me feel distressed?</i></p>	<p><i>What I will tell myself (as reasonable alternatives to the distressing thoughts):</i></p> <p style="margin-top: 100px;"><i>What would I say to a close friend who was feeling this way?</i></p>	<p><i>What I have done in the past that helped:</i></p> <p style="margin-top: 100px;"><i>My coping resources:</i></p> <p style="margin-top: 100px;"><i>What I will do to help calm and soothe myself:</i></p>
<p>4. Call for help (if still necessary)</p>	<p><i>Coping statements, positive self-talk:</i></p>	<p><i>What I can I do for the next 20 minutes (and give it my full attention):</i></p>
<p><i>If I still feel overwhelmed and out of control, I will I call, and/or go to:</i></p> <p style="margin-top: 100px;"><i>E.g. Friend / relative, Health professional, Helpline (Samaritans 116 123), A&E, 999</i></p>	<p><i>What can I tell myself that will make me feel better, or remind myself of good things about me, my life, the future?</i></p>	<p><i>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</i></p>