

Taking a second look at your thoughts

It's easy to get carried away in your head with catastrophic thoughts, or thoughts about all the things you've screwed up. We might worry about all the ordeals we might have to face in the coming weeks or months.

Sometimes it can feel like these negative thoughts are all we can think about.

Thinking Distortions

Although negative thoughts appear very believable, they are often irrational and are based on thinking distortions. Thinking distortions can lead to you thinking and believing something that is not true. Remember that just because you feel strongly about something, does not make it true.

It is amazing how many untrue and negative thoughts can pass through our head. At the time we believe them wholeheartedly, but later on they often reveal themselves to be completely false. How many times have you said 'I can't cope with this', and managed to cope? To end the first session of the Sibling Support Program, check out the 'thinking distortion' list to see some of the unhelpful or irrational thinking styles we often use. It can be quite interesting to pick out which thinking styles you often use. See if you can find three or four that you use commonly. Write these down so that you're quicker to pick up these thinking styles when you're using them.