

# Building Self-esteem

Challenging your negative thoughts and getting to the heart of negative emotions

Every time you notice yourself having a negative thought, try to write it down and go through this process

To restructure the way you think about yourself when you have a negative thought. The aim is to substitute more objective rational thoughts for the illogical, harsh self-criticism that automatically flood your mind when an event you label as negative event occurs

<u>Feelings</u> (What negative emotion are you experiencing?)	<u>Environment</u> (What happened?)	<u>Automatic thought</u> (Self-criticism)	<u>Question the thoughts</u> (Are they rational?)	<u>Where's the evidence</u> (How can you refute this?)	<u>Rational Response</u> (Self Defence)
<i>Example:</i> "I feel worthless, anxious and worried"	<i>Example:</i> "I was waiting for John to come home and he never called me to tell me he'd be late"	<i>Example:</i> "He doesn't care about me. Maybe he's been in an accident. I should just sit here calmly waiting for him?"	<i>Example:</i> "Thoughts are not rational. I'm jumping to conclusions. It's most likely he's just forgotten to call me. John not calling me is not evidence enough that he doesn't care about me, or that I'm a worthless person. Every person on earth is a worthy person who deserves respect and love"	<i>Example:</i> "What would I tell my friends if they told me the same story? I'd say, John needs to show respect."	<i>Example:</i> "I have a right to expect my partner to be respectful of me like he would with any of his friends and just call me to tell me what time he'll be home – then I wouldn't worry. All I need to do is ask him if he could please call me if he'll be late – that way I won't worry."

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