

FIVE STEPS FOR STOPPING NEGATIVE THOUGHTS

1. Notice that you are having a thought that causes anxiety.
2. Choose a way to immediately and forcefully tell yourself to STOP this thought. Some ideas include:
 - a. Saying “Stop!” out loud or in your mind
 - b. Picturing a bright red stop sign
 - c. Picturing yourself pushing your arm out in front of you with your hand in a “halt” position
 - d. Keeping a light rubber band around your wrist and snapping it gently
 - e. Giving your head a quick shake as if you were physically shaking off the thought.
3. Consciously exchange the anxious thought for a peaceful thought. You can plan your peaceful thought ahead of time so it’s ready immediately.
4. Say your peaceful thought out loud or in your mind.
5. Keep your mind focused on your peaceful thought until the anxious one is completely gone.

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