





MY THOUGHTS ARE CAUSING ME PAIN



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Dr Melissa Barnaschone

Admit it, we all think a lot! Often, we overthink, overanalyse, and overcomplicate things. On top of that, our thoughts very often go unchecked and we believe them as if they are true, wreaking havoc in our lives without us knowing it.

We base our actions on our thoughts,
but what if they're wrong?

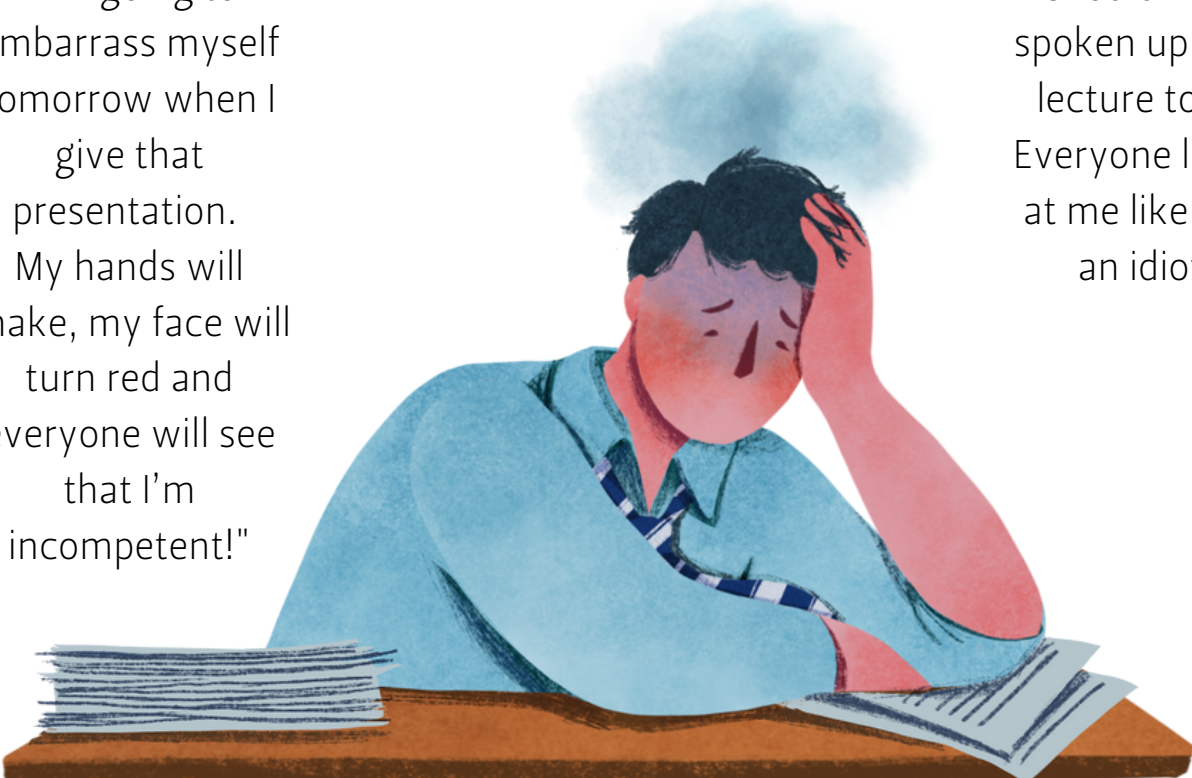
Worrying involves negative (often catastrophic) predictions about the future:

"I'm going to embarrass myself tomorrow when I give that presentation. My hands will shake, my face will turn red and everyone will see that I'm incompetent!"

OUR INNER MONOLOGUE
CAN INCLUDE TWO
DESTRUCTIVE
TYPES OF THOUGHT
PATTERNS

Ruminating involves rehashing the past:

"I shouldn't have spoken up in the lecture today. Everyone looked at me like I was an idiot."



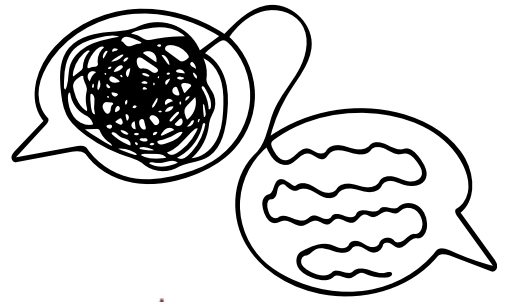
HOW TO STOP OVERTHINKING

1

Keep the focus on solution-building. Dwelling on your problems is not helpful, but looking for solutions is. Instead of asking why something happened, ask yourself what you can do about it.

3

Change the channel. The more you try to avoid the thought from entering your mind, the more likely it is to keep popping up. Distracting yourself with an activity is the best way to change the channel. Exercise, engage in conversation on a completely different subject, think of something humorous or tranquil, or get working on a project.



2

Challenge your thoughts. Learn to recognise and replace your unhelpful thinking patterns with more helpful thoughts and ideas.

4

Notice when you are thinking too much. Awareness is the first step to putting an end to overthinking. Pay attention to the way you think. When replaying events in your mind over and over, or worrying about things you cannot control, acknowledge that your thoughts are not helpful.



Thinking too much about things isn't just a nuisance; it can take a serious toll on your mental, physical and emotional wellbeing.



***DON'T BELIEVE
EVERYTHING
YOU THINK***

OTHER TECHNIQUES YOU CAN TRY

- **ANTI-PERFECTIONISM**
Do poorly rather than do nothing at all.
- **EXPOSURE**
The more you confront in life, the less fearful you become.
- **RELAX**
Use exercise, meditation or mindfulness to your advantage.



RESOURCES



WEBSITES

www.mentalhelp.net
www.getselfhelp.co.uk
www.moodjuice.scot.nhs.uk

APPS

ABC-Schema
Moodkit
Pacifica
What's Up?

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BOOKS

"Breaking Negative Thinking Patterns: A Schema Therapy
Self-Help and Support Book"

by Gitta Jacob, Hannie van Genderen & Laura Seebaue

"Conquer Your Critical Inner Voice: A Revolutionary Program to
Counter Negative Thoughts and Live Free"

by Robert W. Firestone