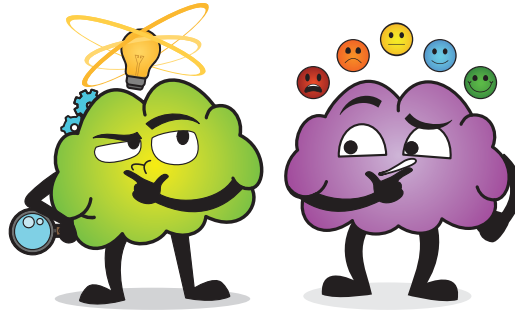


STINKING THINKING



Our internal self-talk is often a great source of self-criticism, worry and catastrophising itself. Consider the common mental thinking habits below and how these might impact on an individual's feelings and thoughts:

Mental habit	Looks like....
Awfulising	Making everything awful.
Catastrophising	Making a mountain out of a mole hill and expecting the very worst.
Regurgitating/ruminating	Cyclic thinking and regrets often with unresolved unproductive attached.
Polarising	Seeing only either or options and getting stuck.
Negative projection	Focusing on the worst case scenario.. "What if....?"
Push/pulls	Wanting one thing while also rejecting it leading to frustration and hopelessness.
Self-deprecation	Finding fault with self where none exists.
Self-aggrandisement	A false sense of self-importance or power without substantiation.
Victimhood and apathy	Assumption of victim status in all circumstances, I can't do it....
Mental blocks	Inability to move forward with thinking
Bargaining	Attempts to negotiate a better outcome while recognising it may not be possible or exist
Self-sabotage	Undermining positive outcomes or willingness often through self-doubt
Minimising	Making insignificant things of importance
Placating	Attempting to satisfy others rather than being truthful

The best generic response to all of these states is to:

- Gently paint the bigger picture: increase AWARENESS
- VALIDATE the fears and concerns driving these mental habits
- Identify the mental habit and concretely how that looks (what language) and the impact that it may have on perception and choices: increase AWARENESS OF NEW CHOICES
- Suggest other points of view: MODEL NEW PERSPECTIVES
- Repetitively suggest your alternative view point: SUPPORT CHANGE

Considering the thinking habits above answer the questions below:

1. Which of the thinking habits above do you find yourself using?
2. What happens when we simply say "That isn't true. Snap out of it!"
3. Which of the habits above do you see the young people that you work with use?
4. What is the "What if...?" thinking that is used?
5. How might you address this?