

# 5 Ways to Deal With Negative Thoughts



## **#1. Remind Yourself that it's just a thought**

It's not your true Self, it's not necessarily a fact, + it's definitely not helpful!



## **#2. Choose two positive facts to lean into**

This will help bring in new emotions and balance your thinking



## **#3. Take a playful response**

Acknowledge the thought but hold it lightly and don't take it too seriously



## **#4. Leaves on stream**

Imagine putting the thought on a leaf and letting it float down a river.

## **#5. Use Metaphors**

Allow the beach ball to float; the uninvited guest to party; the bus passengers to chatter