
Developing Your Arsenal Against Your Automatic Negative Thoughts

1. Identify dysfunctional beliefs.
2. Cultivate cognitive counter attacks against dysfunctional beliefs.
3. List active alternate behaviors.
4. Learn to predict situations that trigger unhelpful beliefs.
5. Plan for stress and distress. It is a normal part of life.
6. Avoid old behaviors that don't work, e.g. compulsive eating, whining, avoiding, procrastinating, etc.
7. Expect to have to use outside aid and to make time to learn new behaviors.
8. Expect that it will take you lots of practice and time to overcome your negative thoughts.

