

ATTITUDE:

2. STOPPING NEGATIVE THOUGHTS

**"ONCE YOU REPLACE
NEGATIVE THOUGHTS
WITH POSITIVE ONES,
YOU'LL START HAVING
POSITIVE RESULTS."**

**WILLIE NELSON, SINGER,
SONGWRITER**

BIG IDEA

- × Psychology Professor Albert Ellis studied irrational and negative thinking experienced by people in times of stress.
- × In 1998 he wrote a very successful book called, *"How to Stubbornly Refuse to Make Yourself Miserable About Anything"*
- × He looked particularly at the types of thoughts that people experience when things go badly.
- × To describe this he coined the term, *"Crooked Thinking."*
- × His work can be directly applied to students in stressful exam situations.
- × See if you have experienced the following kinds of thoughts when things go wrong:



**THERE ARE 6 TYPES OF
CROOKED THINKING.
CONSIDER THE FOLLOWING
STATEMENTS - DO ANY
APPLY TO YOU?**

1. NOT FAIR THINKING

Thoughts such as:


- *"I don't deserve this treatment."*
- *"Things shouldn't be like this."*

Not fair.

2. CATASTROPHE THINKING

Thoughts such as:

- *"If this goes wrong, it'll be a total disaster."*
- *"This is going to be a complete nightmare."*



3. STOPPER THINKING

Thoughts such as:


- "I'm just useless!"
- "I can't do this, I'm bound to screw up!"



4. ILLOGICAL THINKING

Thoughts such as:


- "If this bad thing happens, this one will surely follow."
- "I am rubbish at that, so I must be bad at all of it."



5. BLAMING THINKING

Thoughts such as:

- "It's his fault, not mine!"
- "My tutor didn't give me the information, it's their fault"



6. OVERGENERALISING

Thoughts such as:

- "I never get the breaks!"
- "This always happens to me."
- "Everything is going wrong in my life."

**DO YOU RECOGNISE
ANY OF THESE TYPES
OF CROOKED THINKING
IN YOURSELF?**

**ARE YOU PARTICULARLY
PRONE TO ONE TYPE OF
THINKING, OR
SEVERAL?**

**DON'T WORRY IF YOU
DO, IT'S PERFECTLY
NORMAL...**

**THE FIRST STEP IN
CHALLENGING THESE
THOUGHTS IS
RECOGNISING THEM IN
YOURSELF.**

**WRITE DOWN AND
CATEGORISE THE KIND
OF NEGATIVE
THOUGHTS YOU
EXPERIENCE.**

BIG IDEA

- × Ellis argued that the first step was to recognise when you start slipping into crooked thoughts.
- × Once you can recognise this, he suggests you are able to "reframe the thoughts positively".
- × He said this means being hard on yourself...
- × ...only one person can be in charge of your thoughts – YOU!
- × Therefore you have to be firm, strong and take no nonsense.




**TRY REFRAMING YOUR
CROOKED THINKING INTO
POSITIVE THOUGHTS. HERE
ARE SOME EXAMPLES:**



1. NOT FAIR THINKING

Becomes....:

- "I did what I could. It's a setback but I can handle it."



2. CATASTROPHE THINKING

Becomes: **THINKING**


- "I'm capable of performing well. I'm well prepared"



3. STOPPER THINKING

Becomes:


- "I'm learning. I'm getting better each time I hit a challenge like this."



4. ILLOGICAL THINKING

Becomes:


- "There's no direct connection between this and that.."
- "The past does not equal the future. Tomorrow's another day."



5. BLAMING THINKING

Becomes:

- "It's happened now. It doesn't matter whose fault it was."
- "The important thing is to move on and learn from it."



6. OVERGENERALISING

Becomes:

- "There are a few problems I'm dealing with at the moment."
- "Everyone has tough times and I'm no exception. But I know I'm strong enough to cope."

HERE ARE SOME EXAMPLES OF CROOKED THINKING, YOU MIGHT FIND YOURSELF, OR OTHERS, EXPRESSING IN DIFFICULT TIMES.

DISCUSS HOW YOU MIGHT REFRAME EACH STATEMENT INTO SOMETHING MORE POSITIVE.

EXAMPLES OF CROOKED THINKING

I've never been good at exams
Stuff like this always happens to me
If my report is bad, my mum and dad are going to hate me
I'm only going to fail, so what's the point in trying?
The teacher doesn't like me
Nothing goes right for me. Why should Geography be any different?
I've always been terrible at Science. I should never have picked Biology A Level
I won't get the grades for Uni, I'm going to end up without a job and have a miserable life
If I fail this mock, it will mean the whole term has been a disaster
This is typical of my life. Nothing is easy or straightforward. I sick of it

HERE IS HOW WE REFRAMED THE CROOKED THOUGHTS..

DID YOU GET SIMILAR ANSWERS??

EXAMPLES OF REFRAMED THINKING

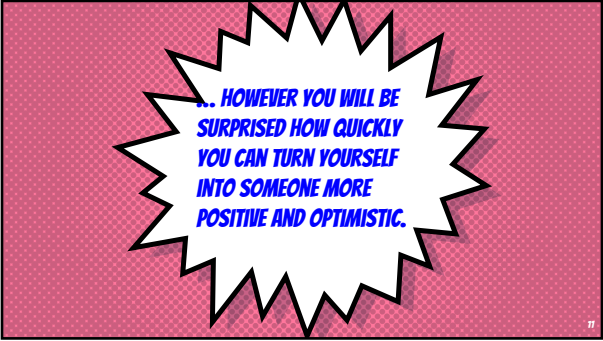
Exams are just another challenge, as long as I prepare I'll be fine
Stuff like this happens to everyone, I'll be okay
I'll explain to Mum & Dad how I will work harder next term and get a better report
I won't fail if I put the effort in now
I don't care what the teacher thinks of me, I'm going to succeed for myself
It's been challenging adapting to 6th form, Geography will be tough but I'm ready for it
I need to work harder on Biology than other subjects so I can understand it better
Other people get to Uni and get a successful job, why shouldn't that be me?
I'm probably going to fail this mock, but will be able to learn from it for next time
Life would be boring if it didn't throw up the odd challenge, I'm strong enough to cope

OVER TO YOU...

- × Make a list of all your typical crooked thinking.
- × Record and categorise each one.
- × Remember, by writing it down you are recognising it.
- × This is the first step in doing something about it!
- × Once you have listed a few, have a go at reframing them.
- × Use some of the examples in this presentation, or better still try and reframe it yourself.

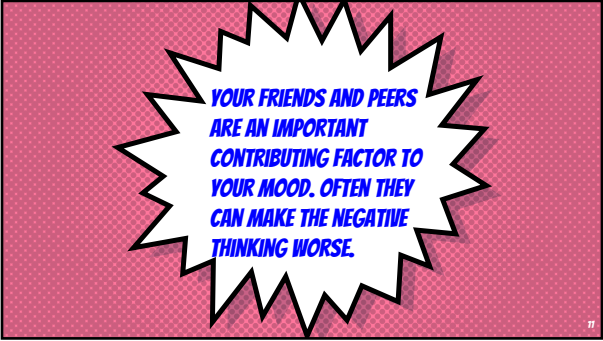
**FINAL
THOUGHTS...**

**LIKE ANYTHING
WORTHWHILE,
REFRAMING THOUGHTS
TAKES PRACTICE.**



**... HOWEVER YOU WILL BE
SURPRISED HOW QUICKLY
YOU CAN TURN YOURSELF
INTO SOMEONE MORE
POSITIVE AND OPTIMISTIC.**

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**YOUR FRIENDS AND PEERS
ARE AN IMPORTANT
CONTRIBUTING FACTOR TO
YOUR MOOD. OFTEN THEY
CAN MAKE THE NEGATIVE
THINKING WORSE.**

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**... HAVE A LOOK AT THE
VAMPIRE TEST FOR MORE
INFORMATION.**

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