

3 Cs: CATCH IT. CHECK IT. CHANGE IT.

There are many techniques available to aid you in mindfully:

- Taking notice when negativity is getting the best of your thoughts and feelings, as well as affecting your behavior
- Exploring what is really going on
- Shifting your mind and behaviors in a more positive direction

The 3Cs are one of them.

3 Cs for Combatting Negative Thinking and Emotions

Give this technique a try

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CATCH IT.

Step one is to get into the habit of catching how various thoughts, feelings, people and situations affect how you relate to the world and yourself.

When do negative thoughts, emotions and behaviors arise for you? Can you catch them in the act?

**FOR EXAMPLE, YOU MAY
REACT TO A SITUATION WITH
THOUGHTS SUCH AS ...**

I'M A BAD PARENT

I'M NOT SMART ENOUGH

I MAKE BAD CHOICES

NO ONE CARES ABOUT ME

I'M A FAILURE

THIS IS THE WORST JOB

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CHECK IT.

Step two is to check in with yourself by asking questions like:

WHAT IS THE EVIDENCE FOR AND AGAINST THE THOUGHT?

IS IT COMPLETELY TRUE?

ARE MY EXPECTATIONS REASONABLE?

IS THERE A MORE HELPFUL, COMPASSIONATE INTERPRETATION THAT DOESN'T DENY THE REALITY OF THE SITUATION?

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CHANGE IT.

Once you have checked the thought and decided it is not helpful, step three is to change your thinking going forward, so your inner critic is not in charge.

Come up with alternative ways of thinking about the situation to replace the unhelpful/untrue thoughts.

FOR EXAMPLE:

I'M BEING TOO HARD ON MYSELF. WE SIMPLY HAD A DIFFICULT MORNING AND I GOT FRUSTRATED. I'M ACTUALLY DOING ALL THE RIGHT THINGS AS A PARENT.

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