## **ALTERNATIVE THOUGHTS & ACTIONS**

| 1. Dark or Distressing Thoughts  | 2. Alternative Thoughts  | 3. Alternative Actions   |
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| What are the thoughts (words, images, memories) that made me feel distressed?                  | What I will tell myself (as reasonable alternatives to the distressing thoughts):                                    | What I have done in the past that helped:  |
|  |  | My coping resources:   |
|  | What would I say to a close friend who was feeling this way?   |  |
| 4. Call for help (if still necessary)  | -  | What I will do to help calm and soothe myself:   |
| If I still feel overwhelmed and out of control, I will I call, and/or go to:                   | Coping statements, positive self-talk:   |  |
|  |  | What I can I do for the next 20 minutes (and give it my full attention):                                       |
|  |  |  |
| E.g. Friend / relative, Health professional, Helpline<br>(Samaritans 08457 90 90 90), A&E, 999 | What can I tell myself that will make me feel better, or remind myself of good things about me, my life, the future? | To help me cope, I can choose to do things for 20 minutes at a time. If nothing helps, then I can go to step 4 |