

5 Questions to Overcome Negative Thinking

Be in control of your happiness by asking these five questions to overcome negative thinking.

What Am I Feeling?

How am I feeling emotionally? Am I irritable after a long day? Stressed? Use I feel statements to help recognize the emotion you feel.



What Triggered My Emotions?

Am I upset because I feel unheard? Am I being pressured to act quickly? Once you identify the trigger that caused your emotion, you can control how you want to react.

Am I Overthinking?

Take a few deep breaths to process the situation. Are you worried about an event that has happened in the past or concerned about a future outcome? Focus on the present context first and take it a step at a time.



What's Their Motive?

People may say the wrong thing when they react without thinking. Did the individual intentionally make an effort to cause harm? Is miscommunication a possibility?



How Am I Helping?

Before you react, what is your motive? Is it to get someone back? Is it to be liked more by your peers? Remember you are responsible for what you say or do. You can only control your actions - not others.

