

Stop Counterproductive Thoughts

COUNTERPRODUCTIVE THINKING — ruminating, assuming the worst, negative self-talk — hijacks our ability to focus on the task at hand and keeps us from performing at our best daily.



When we are doing something we care about, our thoughts can get in the way. We think, “I can’t do this,” “What if I mess up,” “I’ll never get it right.” These thoughts are unhelpful and distracting, and can negatively affect our mindset.

+ Try these **THREE METHODS & SENTENCE STARTERS** to challenge your counterproductive thoughts.

EVIDENCE

EVIDENCE: Utilizing facts to prove your counterproductive thoughts are incorrect.

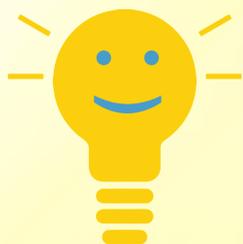
SENTENCE STARTER: “That’s not completely true because _____.”



OPTIMISM

OPTIMISM: Generating a more optimistic interpretation of the situation.

SENTENCE STARTER: “A more optimistic way of seeing this is _____.”



PUT IT IN PERSPECTIVE

PUT IT IN PERSPECTIVE: Acknowledging what grain of truth might be in the counterproductive thought and finding how you can mitigate it.

SENTENCE STARTER: “The most likely implication is _____ and I can _____.”



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