



When we experience an unpleasant event, we feel sad. After all, no one can be happy all the time. Our goal is to be able to deal with the problem more realistically. When we feel unpleasant, we are often influenced by thoughts that are distorted and unnecessary, although they may seem logical on the surface.

Although it is not that difficult to recognize negative thoughts when you are upset, it is often difficult to discredit them because **negative thoughts seem true and valid on the surface.**

For example, when you are in a bad mood and feeling depressed, you almost always send yourself negative messages and have a pessimistic view of things. What is important is this. When you change these negative thoughts, your feelings change with them.

Changing your thoughts is difficult because people take these thoughts and ideas for granted, which is why we say you need more practice first.

#### 1-Identifying cognitive errors:

Using the Cognitive Errors Chart, you can identify the cognitive errors of your negative thoughts. Although this is usually not enough to change how you feel, it is a first step that can help you.

#### 2-The correct direct method:

In this method, you become aware of the realistic nature of your thoughts and attitudes, examine them and see how realistic your thoughts and attitudes are.

#### 3-Profit and loss analysis:

In step 3, you will learn about benefit analysis and emotional language. You can also use benefit analysis and attitude language to deal with negative thoughts. You may be influenced by the mindset that I am inferior or that I must always strive to be perfect. Ask yourself: How does this attitude help me? Or what problems does this attitude create?

#### 4-Examining the evidence:

When examining the evidence, ask yourself: What proof do I have this idea is correct? Or how do I know that this idea might be incorrect?

#### 5-Grounding methods:

Decide whether your belief is realistic or not by conducting an investigation. For example, if you believe that anxiety when speaking in front of a group is unrealistic, ask your friends if they get anxious when speaking in front of a group.

#### 6-Using the experimental method:

You can test the validity of your negative thoughts with the help of an experiment. Ask yourself how can I test the validity of this belief?

#### 7-Double standard method:

You are often harder on yourself than on others. When you have written down your negative thoughts, you can ask yourself: If one of my friends was facing this problem, would I be willing to say such things to them? What would I say to them?

You often come to the conclusion that we are using a double standard. You are kind to others but you yourself deal with problems unfairly.

#### Tips

- Negative thoughts may seem true and valid on the surface.
- It is difficult to change thoughts because people believe these thoughts to be real, which is why we say you need more practice first.
- Your thoughts and attitudes have a powerful influence on your creation. Pay attention to them.

# How to change our thinking?



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### 8-The method of predicting pleasure:

You predict the enjoyment of various activities and rate them on a scale of 0% to 100%. After you have completed the task, you again rate the actual satisfaction you felt from completing the task.

### 9-Vertical arrow method:

You can identify destructive beliefs this way. The vertical arrow always associates this meaning. Instead of confronting the negative thought, draw a vertical arrow below it and ask yourself:

-If this idea is valid, why should it upset me?

-I might get embarrassed in front of others.

-If this is valid, why should it upset me?

-If the teacher asks me a question, I may not be able to answer it.

You can do this by listing and writing down negative thoughts on a daily mood sheet to identify your destructive beliefs. This way, you will understand the negative thoughts that are the main cause of your beliefs.

### 10-Thinking in shades of gray:

This method is especially useful for breaking down all-or-nothing thinking. Instead of seeing things in black and white, we look at them in shades of gray. For example, instead of seeing yourself as a complete failure, ask yourself what are the positive and negative aspects of my work? Which of my shortcomings and weaknesses can I work on?

### 11-Definition of words:

Ask yourself: What do I mean by this? For example, if you describe yourself as a complete loser, ask yourself what does a complete loser mean?

Is there such thing as a complete loser?

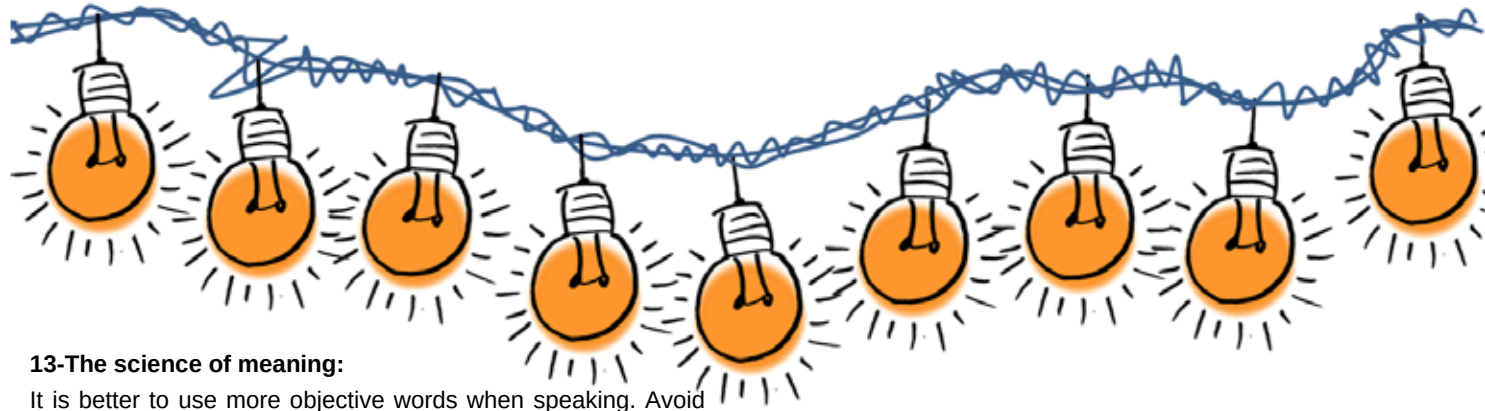
### 12-Specific handling methods:

That means speaking clearly, paying attention to the facts and refraining from judging reality.

Instead of considering yourself a complete failure, focus on your strength and weaknesses.

Example: I shouldn't be depressed all the time. There must be something wrong with my work.

This is negative thinking. You have strengths and weaknesses. Sometimes you succeed and sometimes you fail. The reason is **you**. If you have weaknesses, you can work on them.



### 13-The science of meaning:

It is better to use more objective words when speaking. Avoid words with emotional charge. Use phrases that have less emotional charge to eliminate any ambiguity.

### 14-Reassignment:

Instead of blaming yourself, focus on solving the problem. Ask yourself what factors contributed to the problem.

What was my contribution to this incident and to creating this problem? Consider all the issues and factors that contributed to your problems. Briefly describe the upsetting incident and replace negative thoughts with more positive ones. This method will help you solve the problem.

### 15-The case of acceptance:

Many of the suggested methods are based on self-defense. You assume that the negative thought is irrational, but the issue of acceptance is a case beyond this. In fact, this issue is rooted in your beliefs. Instead of defending yourself, find the truth in it and accept the problem.

Ask yourself: Is there any truth in this criticism?

Can I learn something from it?

Can I accept that my performance was not up to par?

I have many flaws. I am human and no human is perfect.

By accepting the problem in fact, we take the first step towards change and transformation.

### 16-Attitudinal profit and loss analysis

To better understand the concept, consider the following example:

**(Negative thoughts)**---You tell yourself that if I encounter a problem, it is not my problem. This is not a good mindset because instead of examining the reason for your discomfort, you become defensive and depressed.

You ask yourself: What good does this way of thinking do for me?

What harm will it do to me?

One of the drawbacks of this way of thinking is that you may spend all your energy on being depressed and hopeless. So change your thoughts and believe in yourself. By doing this, you will change your negative thoughts and how you feel will change.

Your thoughts and attitudes have a powerful influence on your creation, pay attention to them.

If these attitudes are so strong and ingrained and it seems difficult for you to recognize, confront and change them on your own, you can seek the help of a mental health professional. They can help you identify, analyze and change these thoughts, confront them and accept them.

