

Shifting into Neutral

A neutral thought is based on facts. It is neither positive or negative, it just states what needs to be done to solve the problem. This is helpful when you catch yourself getting stuck thinking about something that did not go like you wanted it to. Take some time to think neutrally about what needs to be done to fix the issue and THEN visualize yourself making those adjustments and practice them in real life.

Where do I have opportunity for improvement?

What adjustments do I need to make?

What other adjustments can I make to improve?

(exp. avoid overscheduling, sleep, diet, not replaying past negative experiences applying therapists' suggestions, being mindful of thoughts)

YOU'VE GOT THIS!

