

# Challenging negativity Using the decision tree

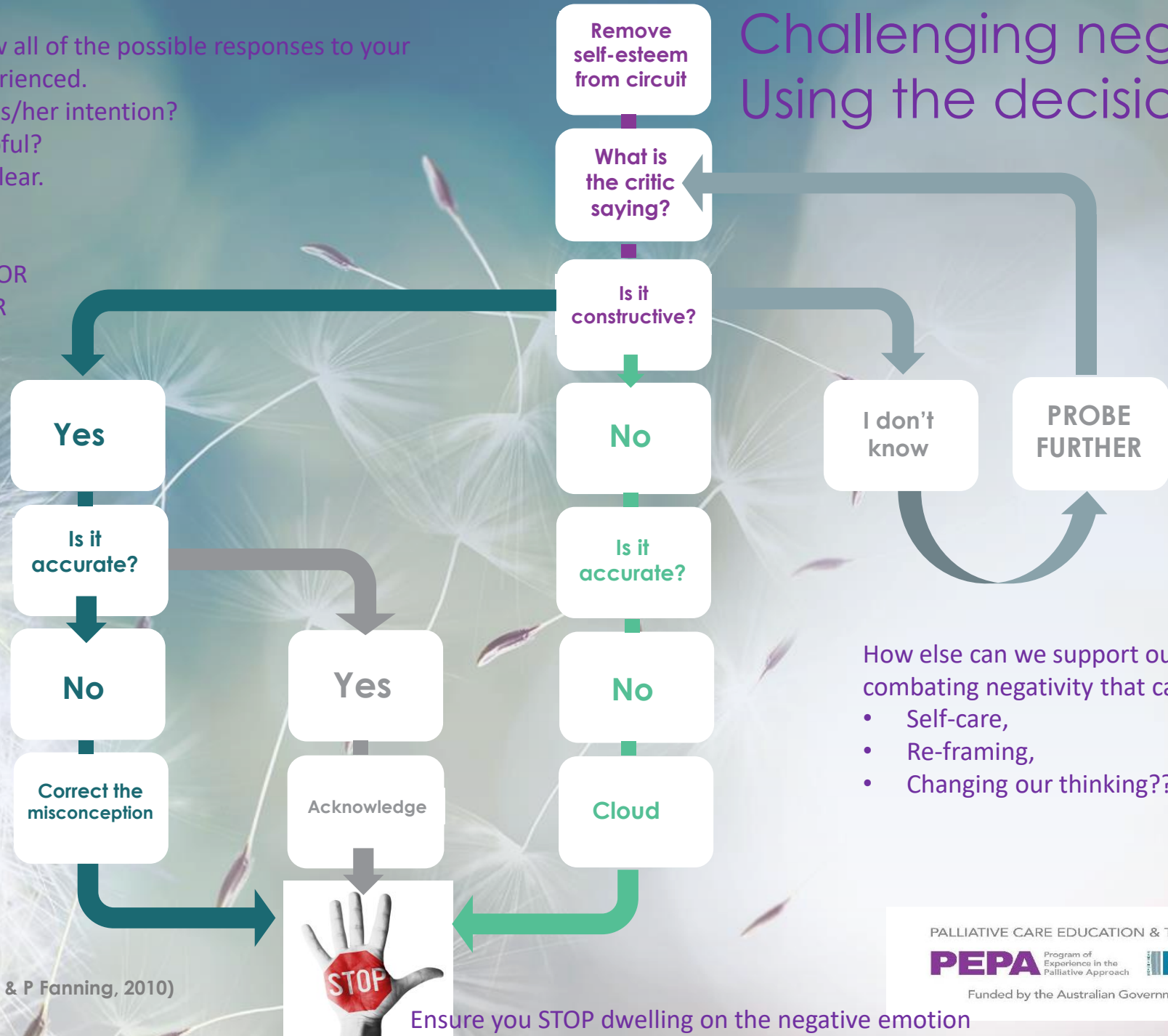
Follow through the tree which will show all of the possible responses to your inner negative voice and emotions experienced.

- What is the critic saying? What is his/her intention?
- It is constructive? Helpful or unhelpful?
- Probe until the intention becomes clear.
- Do you agree with it?

Follow the flow of the tree to learn.

- Do you correct the misconception? OR
- Acknowledge (Allow it and learn) OR
- “Cloud” (agree in part/probability/principle etc...)

then **STOP** – don’t dwell – move on!!!



How else can we support ourselves in combating negativity that causes stress?

- Self-care,
- Re-framing,
- Changing our thinking????