# ALTERNATIVE THOUGHTS & ACTIONS

<table>
<thead>
<tr>
<th>1. Dark or Distressing Thoughts</th>
<th>2. Alternative Thoughts</th>
<th>3. Alternative Actions</th>
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</thead>
<tbody>
<tr>
<td>What are the thoughts (words, images, memories) that made me feel distressed?</td>
<td>What I will tell myself (as reasonable alternatives to the distressing thoughts):</td>
<td>What I have done in the past that helped:</td>
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**My coping resources:**

**What I will do to help calm and soothe myself:**

**What I can do for the next 20 minutes (and give it my full attention):**

- **Coping statements, positive self-talk:**

  - What would I say to a close friend who was feeling this way?

  - What can I tell myself that will make me feel better, or remind myself of good things about me, my life, the future?

**4. Call for help (if still necessary)**

If I still feel overwhelmed and out of control, I will call, and/or go to:

- E.g. Friend / relative, Health professional, Helpline (Samaritans 08457 90 90 90), A&E, 999

To help me cope, I can choose to do things for 20 minutes at a time. If nothing helps, then I can go to step 4.