

# Adaptive Thinking Strategies

**Cost and benefit analysis**

List all of the good things and all of the bad things about believing the thought and see if it's worth it.

**Define terms**

When I call myself lazy, what does that mean?

**Experiment**

Try the behavior in a safe setting and see if the negative thought holds true.

**Re-attribution**

Think about factors that were out of your control related to the problem you are having a bad thought about. Focus on solving the problem instead of feeling guilty.

**Straightforward approach**

Replace the thought with a more positive one.

**Be specific**

Stick with the facts and avoid judgments.

**Double- standard**

What would you say to a friend who expressed the same thought?

**Shades of gray**

How valid is the bad thought? Is it all or none? How about on a scale from 0-10?

**Survey**

Ask other people if they think that the negative thought holds true.

**Check the facts**

Check the facts – both for and against the negative thought.

**Check your values**

Ask yourself why it would be upsetting if your negative thought were true.

**Acceptance approach**

Instead of fighting against your own self-judgments, find the truth in them and accept them.