



Family Education & Support Caregiver Program Session 2

~ Caregiver Support ~

Changing Self Talk

~ How our Thoughts Affect Us ~

It's not *what* happens that upsets us.

It's what we *think about* what happens that upsets us.

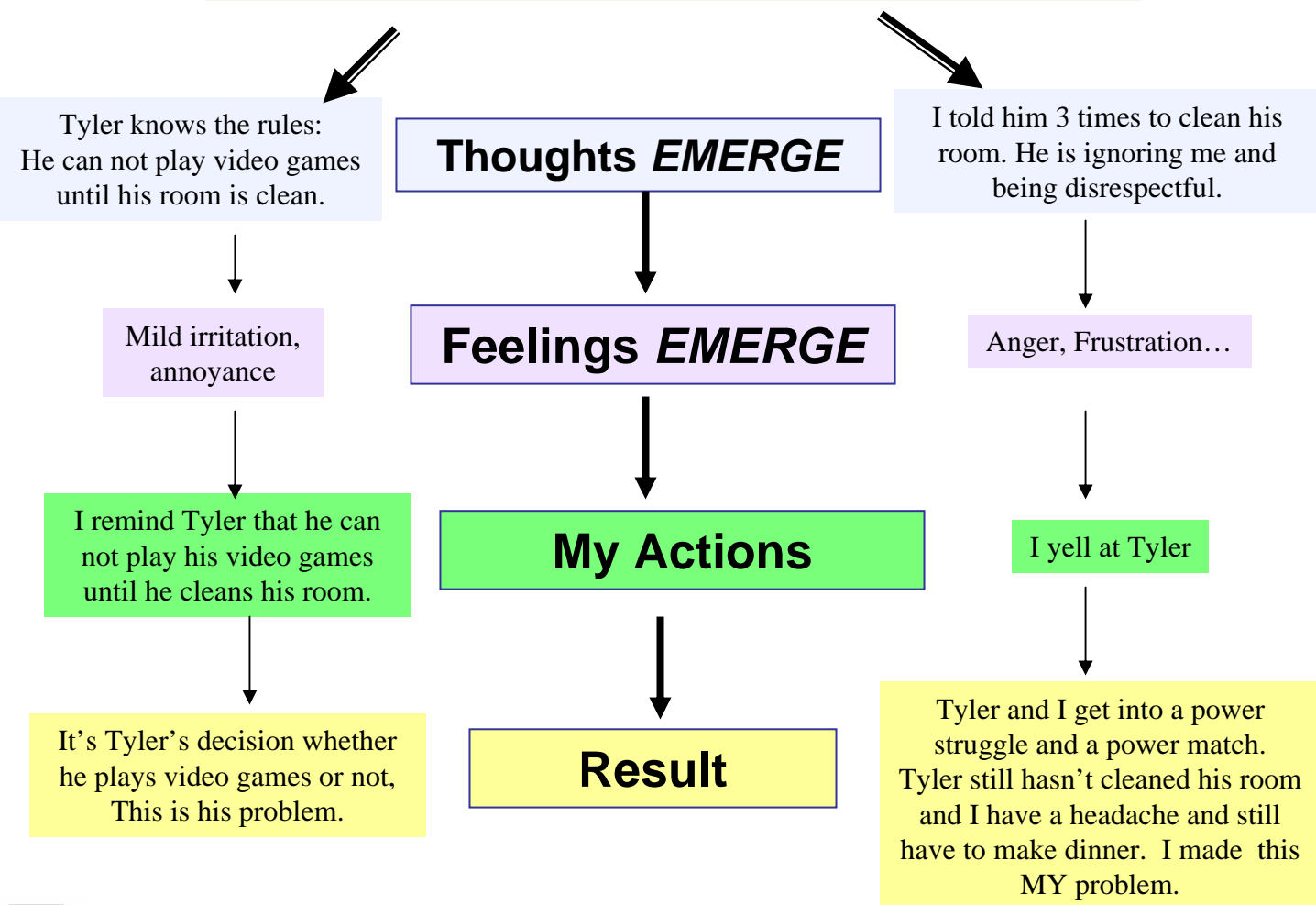
Some Event Occurs

Thoughts Emerge

Feelings Emerge

Then We Act!

The Event: I see that Tyler's Room is a Mess.



Thoughts have a very powerful effect on your mind and body. Every cell in your body is affected by *each thought you have*. This is why when we get emotionally upset, we can develop physical symptoms like headaches or stomach aches.* When a negative thought pops up and you don't question it, your mind believes it and your body reacts to it.

Question those ANTs! Once you see they aren't true, they can fizzle away.

Types of ANTs*	ANTs	Imagine if you could never think that thought again.	Once you see they aren't really true, ANTs can fizzle away !!!
Focusing Only on the Negative	<i>Maybe I'm not a good parent.</i> ←	Who would you be without this thought...**	Is it truer** that you are a good parent some of the time? Think of some specific ways you have cared for your child. Are there ways you can care more for yourself?
"Always" Thinking	<i>Mary is always putting me down.</i> ←	Who would you be without this thought...	Is it truer that Mary puts you down some of the time? Can you think of times Mary has not put you down? When you criticize others, that doesn't mean you think they are always wrong about everything, does it?
Mind Reading	<i>My boss doesn't like me.</i> ←	Who would you be without this thought...	Can you know what another person is thinking? Maybe your boss is having a bad day.
Fortune Telling	<i>My child will never find happiness.</i> ←	Who would you be without this thought...	Can you really know this for sure?** Is it truer to think your child may Experience happiness in ways that are different from what makes you happy? What are ways you can experience more happiness with yourself and with your child?
Labeling	<i>I'm such a failure.</i> ←	Who would you be without this thought...	Sometimes you may not make great decisions, but that doesn't mean you are a failure. Think of a way you have succeeded in this area.
Blaming	<i>It's my partner's fault this happened.</i> ←	Who would you be without this thought...	Is it possible that both of you played a part in this problem? Is there something you could have done differently? Can this help you for the next time you find yourself in a similar situation?
Demanding	<i>Tyler should listen to me.</i> ←	Who would you be without this thought...	Is it truer to understand that sometimes Tyler does not listen to you? Are there ways you could listen to Tyler better? Are there ways you could listen to yourself better?
Tragic Thinking	<i>I can't stand it when she is late.</i> ←	Who would you be without this thought...	Is it truer that her lateness can be irritating, but you really CAN stand it? Isn't it more realistic to expect her to be late sometimes? Can you think of some times you have been late in your life?

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How Our Thoughts can Cause our Pain

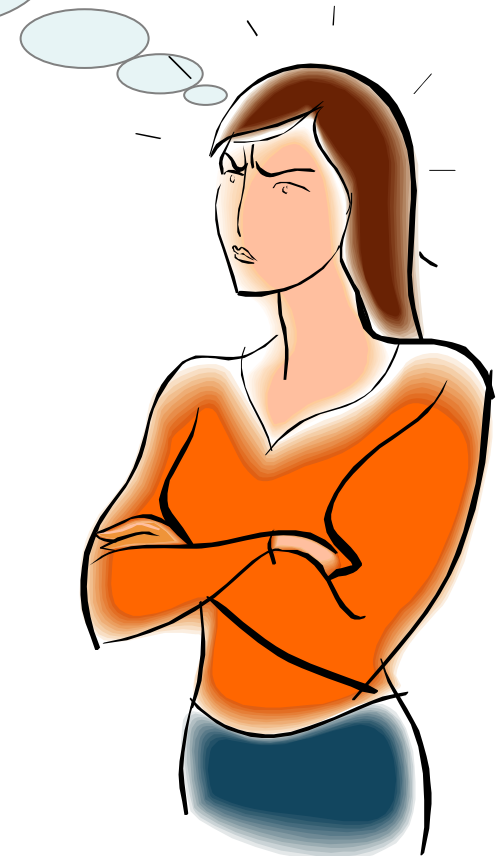


What happens when you think this thought?

Tyler still hasn't cleaned
his room. He should
listen to me!
How disrespectful !

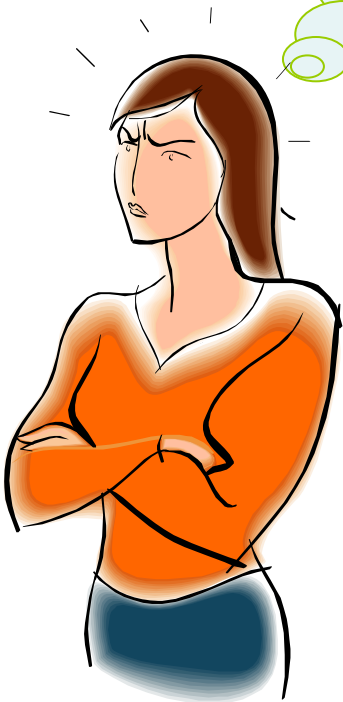


*How are you with Tyler when
you think that thought?*



**Instead of
this thought...**

Tyler's room is *still* a mess. *He is being totally disrespectful!*



...try this thought

I have told Tyler he can't play video games until his room is clean.
This is his choice.



Feel different?

Can We Really Know What Others Are Thinking?*

I have a dentist
appointment in
15 minutes!!!

She walked by without
saying hello. She must have
not liked my report..



* Byron Katie, 2002, Loving What Is
Three Rivers Press, NY

Don't assume you caused someone else's feelings.

You did a bad job today!



I do everything around here!



He is mad at me.
It must be my fault.