Challenging Negative Beliefs

Self doubts, poor self-esteem, anxiety and depressive mood are often a result of
Irrational negative thoughts and beliefs.

Have you ever noticed that, after receiving a great review at work, all you can think of is the "area which needs an improvement?" Meanwhile, 98% of positive feedback of your job review escaped your mind completely. One criticism can ruin years of regularly received positive feedback and make someone think that they are not good at their job.

It's pretty common, and your mind tends to diminish the positive and emphasize the negative. In ancient times it was a survival mechanism: be prepared for the worst. Back then, humans were surrounded by life threats: animals, bacteria, weather conditions, hunger, and lack of medication. In modern times almost all of those threats are gone. However, the habit to "focus on the worst" has woven into the fabric of our lives.

Our brain needs to be retrained to recognize the positive and to keep the focus on it. Here are the steps I invite you to take to challenge your negative belief or thought. Let's put it on trial! :)

1. Identify your negative belief. (Example: "I'm not good at anything.")
2. What is my evidence for this belief and against this belief:

Evidence for this belief	Evidence against this belief
1 2 ...	1 2 3 4 ...

3. What would a friend think and say about my belief?

4. If I look at the situation positively, how is it different?

5. Will this matter a year from now? How about five years from now?

"There is nothing good or bad, but thinking makes it so." - William Shakespeare

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