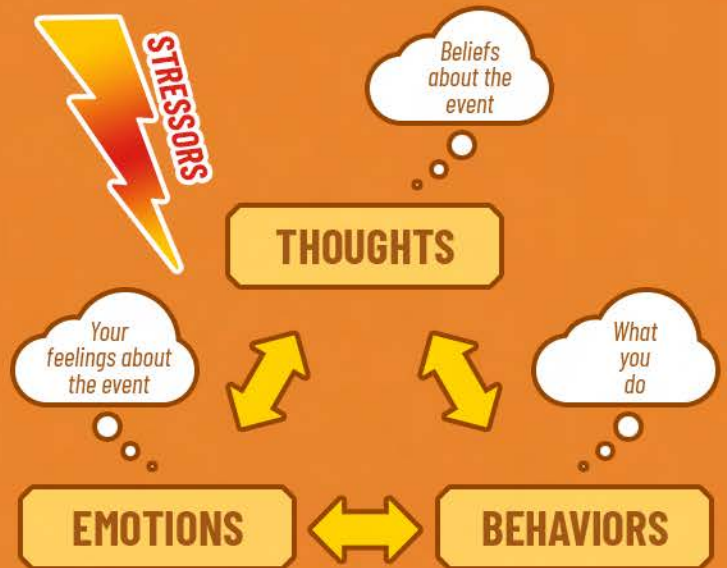


# Flexible Thinking

## Flexible Thinking is:

- \* Putting situations or experiences into perspective and potentially thinking about them more positively
- \* A critical thinking process that is exhibited when someone remains open to multiple possibilities, ideas, or thoughts
- \* To consider other points of view and opinions, which enhances diversity and inclusion

## Self Talk Model



## Not All Thoughts are Helpful

Thoughts can become unhelpful when:

- \* We get hooked on rigid thinking
- \* We get "stuck" in a battle with something beyond our control
- \* We use unhealthy coping skills (avoidance) to get rid of uncomfortable thoughts that lead to problematic behaviors
- \* We blame others rather than accept personal responsibility for our actions
- \* Neuroplasticity is restructuring the unhelpful thought patterns in your brain through a process of identifying, challenging and reshaping them

Neuroplasticity on YouTube



## Tools to Change Your Unhelpful Thoughts

### DEFUSE

Recognize a thought is just that, a thought. Distance yourself from your thoughts to get a new perspective on it.

### CHALLENGE

Recognize, challenge, and confront irrational beliefs or statements that are connected to distressing feelings.

### REFRAME

Consider other alternatives and putting situations or experiences into a different perspective. Thinking about a situation in a different, more positive way.

### ACTION COUNTERACTION (ACA)

Emotions want to keep themselves going by getting us to act on them. Break out of the cycle of feeding an emotion by doing the opposite of what the emotion wants.

### ACCEPTANCE

Choose to stop fighting reality and accept what is beyond our control. Ride out unpleasant thoughts and emotions without fighting or clinging to them.