

Uprooting Our Irrational Beliefs and Self-Talk:

When we are fully present we are free to experience and enjoy what is taking place in the moment. We can practice self-care while being mindful of our experience. From this place of mindfulness and awareness we enjoy positive experiences.

Anxiety and depression can take over when we begin to worry about a past event or circumstance, or about the future. We activate our negative self-talk with the “what ifs” or “shoulds” or “musts” and “always and never”. Continual focus on magnifying our internal negative messages serves to feed anxiety and depression and negative outcomes. When this takes place we create our own discomfort and unhappiness.

“ABCDE” is a Rational Emotive Behavioral Therapy tool developed by Lynn Clark, Ph.D. in his book *S.O.S. Help for Emotions*. ***Use of this tool involves disputing, uprooting, and removing irrational beliefs and self-talk which then enables us to achieve increased happiness.***

Activating Event, **B**eliefs & Self-Talk, **C**onsequences (Emotional & Behavioral), **D**ispute & Detect irrational thoughts, **E**ffects of Dispute : Using this tool involves the process of detecting your irrational self-talk when you are anxious or depressed about a problem. From there you begin to forcefully dispute, talk back, and challenge your own irrational self-talk. The end result is that you replace irrational beliefs and self-talk with rational beliefs leading to success and to decreased anxiety or depression.

Happiness doesn't depend upon who you are or what you have, it depends solely upon what you think. Dale Carnegie

Gratitude Appreciation: Positive Psychology tool developed by John Preston, Psy.D

Ritual before going to bed: Write down your answers to the following questions:

What three things went well today?

What am I most grateful for today?

What personal strengths did I use to get through a specific challenge today?

This exercise increases positive emotions and helps to promote a sense of well-being and happiness.

Gratitude is the fairest blossom which springs from the souls". Henry Ward Beecher