



## H I B E R N I U M

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You can write and run code snippets using the python libraries specified below.

Redirecting negative thoughts is a crucial skill for improving mental well-being. It's not about ignoring or suppressing thoughts, but rather about acknowledging them and consciously shifting your focus. Here are some effective exercises to help clients redirect negative thoughts, building on the foundation of journaling and self-awareness.

### 1. The 5-4-3-2-1 Grounding Technique 🧘

This exercise is excellent for when negative thoughts feel overwhelming and you need to bring your mind back to the present moment. It uses the five senses to anchor you to your immediate surroundings, disrupting the negative thought loop.

Instructions:

5: Name five things you can see in your environment.

4: Name four things you can feel.

3: Name three things you can hear.

2: Name two things you can smell.

1: Name one thing you can taste.

Encourage clients to fully engage with each sense, noticing details like the texture of a chair or the specific sound of a distant car. This active engagement makes it difficult for the mind to continue its negative spiral.

### 2. Cognitive Reframing (The "Catch, Check, Change" Method) 🧠

This exercise is a core component of Cognitive Behavioral Therapy (CBT) and helps clients challenge the validity of their negative thoughts. It teaches them to view situations from a more balanced perspective.

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Instructions:

Catch it: Identify the specific negative thought as it occurs.

Check it: Question the thought. Ask yourself:

What is the evidence for this thought?

What is the evidence against it?

Am I viewing this situation in a "black-and-white" way?

What's a more realistic or helpful way to look at this?

Change it: Replace the original negative thought with a more balanced and realistic one. For example, change "I'm a failure" to "I made a mistake, but that doesn't mean I'm a failure as a person. I can learn from this and do better next time."

This exercise helps clients develop a habit of fact-checking their internal dialogue, which can significantly reduce the power of automatic negative thoughts.

### 3. The "Would I Say This to a Friend?" Exercise 🧡

Negative self-talk can be harsh and unforgiving. This exercise uses compassion to help clients gain perspective on how they're treating themselves.

Instructions:

When you have a negative thought about yourself, pause and write it down.

Now, imagine a close friend came to you with that exact same thought about themselves.

What would you say to them? Write down the compassionate, supportive, and realistic advice you would offer.

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Now, read that advice out loud to yourself.

This exercise highlights the difference between how clients treat others and how they treat themselves, encouraging a shift toward self-compassion.

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