

Eating for Your Health – Challenging unhelpful thinking

We have many thoughts every day. Some of these are helpful or neutral, but a lot can be unhelpful. Unhelpful thoughts can turn into unhelpful behaviours that support an unhealthy / unhappy lifestyle. But if you can learn to identify these unhelpful thoughts, you can then challenge them with more helpful ones.

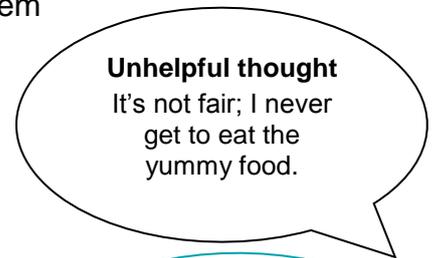
Look at the unhelpful thoughts below in the left hand speech bubbles. Come up with different thoughts you could use to challenge these, and write them in the right hand side.

The following questions can help you identify unhelpful thoughts:

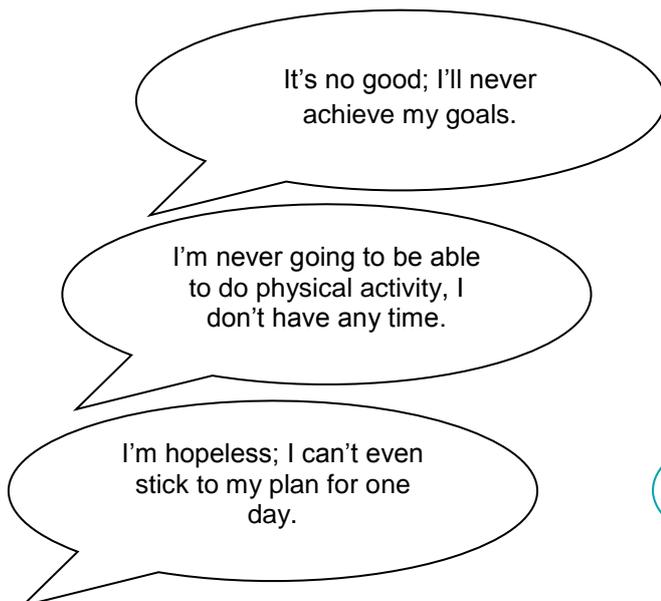
- Is the thought really accurate?
- What evidence do you have for the thought?
- How would you feel if a friend said this to you?

When identifying your alternative thoughts consider:

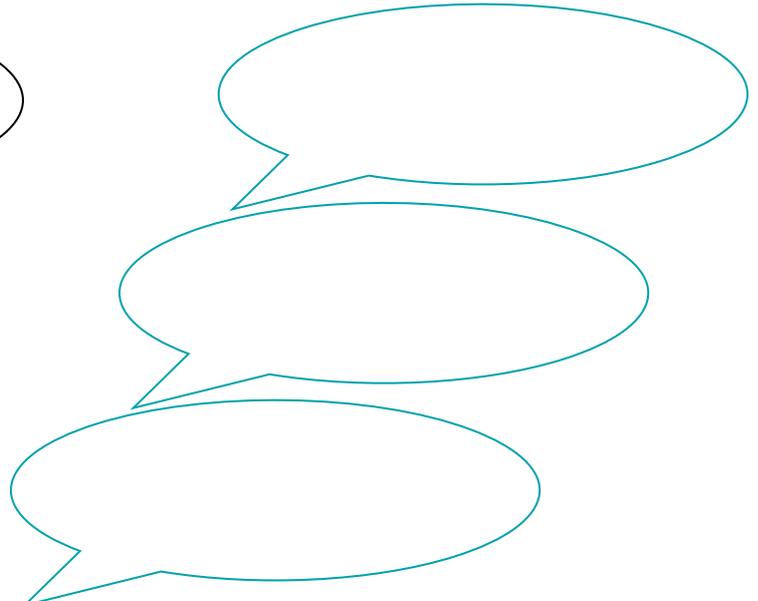
- What would you say to a friend who was thinking this way?
- Is there another more helpful way to view the situation?



Unhelpful thought



Helpful thought



This nutrition information has been developed for use by Te Whatu Ora Waitematā Dietitians. It may be used by other healthcare professionals if appropriate training has been given. Please consult Te Whatu Ora Waitematā Dietitians if you have questions about using this information, phone: (09) 489 0556.