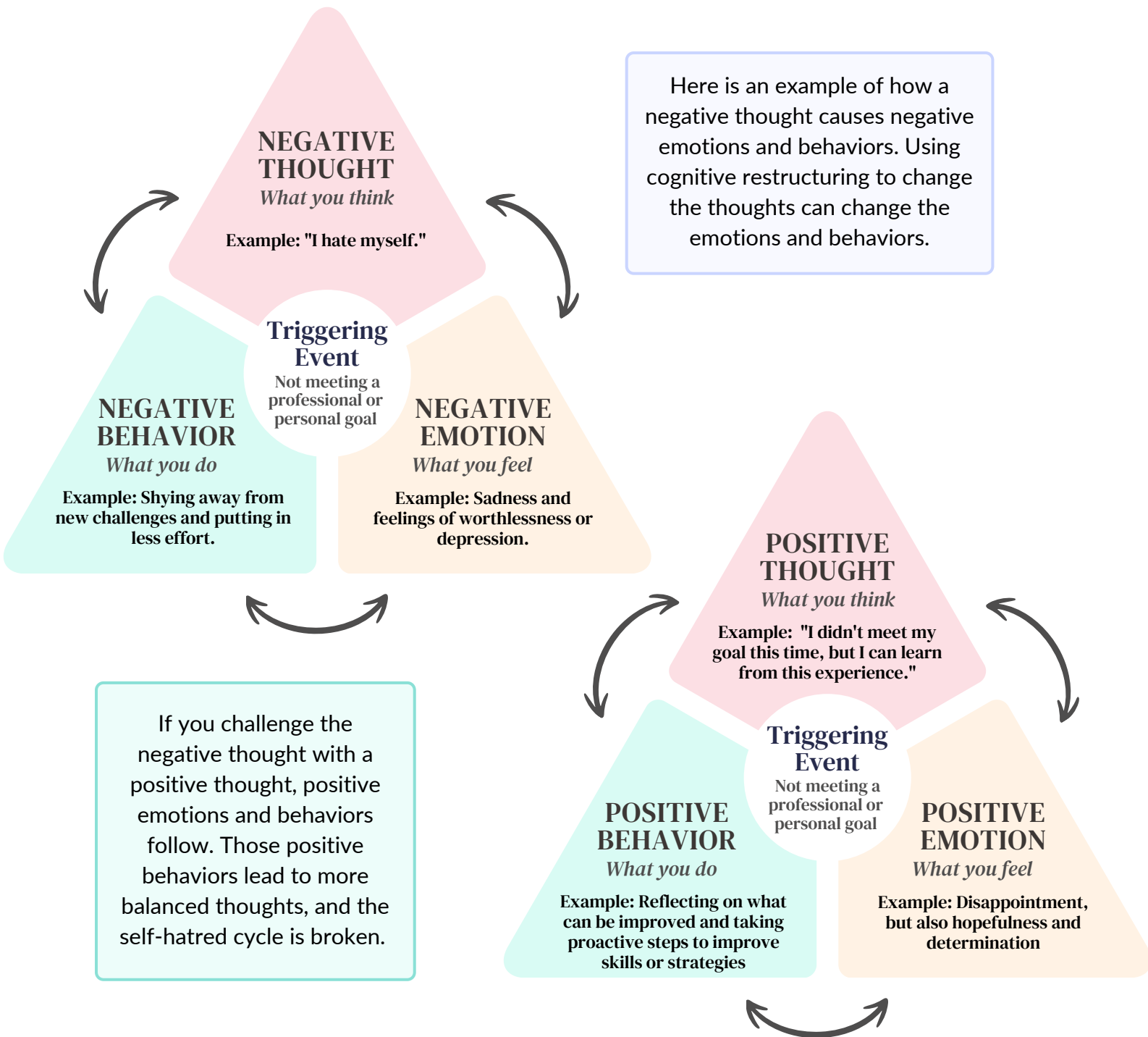


Cognitive Restructuring

Cognitive restructuring is a CBT technique that involves recognizing negative and unhelpful thoughts, examining the evidence for and against these thoughts, and developing more helpful alternative thoughts. **For someone struggling with self-hatred, cognitive restructuring can help challenge and change the self-critical and often irrational thoughts that contribute to their feelings of worthlessness and despair.**



Cognitive Restructuring

THOUGHT

What you think in a situation
Ex: I hate myself

EMOTION

How you feel
Ex: I feel sad and worthless

BEHAVIOR

How you act in the situation
Ex: I treat myself poorly

It's important to understand that our automatic thoughts affect our feelings and influence our behavior.

You can recognize unhealthy thought patterns that are causing you increased self-hatred by practicing cognitive restructuring. Use the questions below each time you're experiencing unwanted thoughts that lead to unhealthy behaviors.

Thoughts

Is my thought factual?

What evidence do I have to support my thought?

What would someone else say about the situation?

Is it possible to view this situation differently?

