

Thoughts in Long Term Conditions

It is challenging to live with a long term condition. Challenging situations frequently trigger difficult thoughts. Often these thoughts have a negative bias because we evolved to deal with threats and problems as a priority. This automatic strategy is good for survival but not for wellbeing. Although our thoughts feel true at the time, they are usually not the whole truth. They are a reflection of the situation that triggered them. See if you can note down a few thoughts that you notice in a challenging situation and in a more pleasant situation. Do your thoughts change depending on the situation? What does this tell you about whether or not they are true and stable?

Triggering Situation (challenging or pleasant)	Thought	Belief at the time (0-10)	Any different thoughts now?	Belief in original thought now