

ABCDE

A

TTENTION !

Notice what your mind is saying

B

ELIEVE ?

You don't have to believe everything you think !

C

HALLENGE

Question your thoughts.

- Consider a new perspective.
- **What's the evidence** for the thought?
- Is this thought **fact or opinion**?
- What's the **helicopter view**?
- What's another way of looking at this?
- How might someone else see this?

D

ISCOUNT

Let the unhelpful thoughts go.

E

XPLORE options.

Choose the best response. What shall I do now? Do it **mindfully**.

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