



# **Interfering and Enhancing Thoughts Tool**

**What we think affects the way we feel and what we do. It's important for us to be aware of and work to ensure that the interfering thoughts we may experience don't have a detrimental impact on the changes we are wanting to make and our goal achievement.**

**What do we mean by interfering thoughts? Typically, these are...**

- Unhelpful
- Irrational
- Lacking in evidence
- Illogical
- Based on assumptions

**What do we mean by enhancing thoughts? Typically, these are...**

- Helpful
- Rational
- Supported by evidence
- Logical
- Based on testing hypotheses or ideas

**If you notice a situation, time, event, place (or spend time reflecting back and thinking about it now), where you notice thoughts that might be interfering with your ability to make your changes or achieve your goal.**

**Write down as many of these interfering thoughts as possible within this example. Some hints to help you identify these interfering thoughts:**

- What thoughts are running through your mind?
- What are you telling yourself?
- What is your self-talk?
- What thoughts are associated with how you feel or your behaviour in this situation?

**To help shift these interfering thoughts to enhancing thoughts, look to answer these questions.**

- What is a more helpful way to look at this?
- Is this thought true?
- Where is the evidence for this thought?
- Is this thought realistic?
- Do you really agree with this thought?
- Do you 100% agree? If not, what is the alternative based on the other response?
- Will this situation seem as important in a years' time?
- What would you say to a colleague or a friend in this situation?
- What other ideas do you have to help you attain your goal?
- What are the benefits and disadvantages of having this thought?



**After we have reviewed this interfering thought and considered the questions to create a more enhancing thought, ensure you write this here:**

**Review and use this enhancing thought in the future to help you overcome the challenges our thoughts might provide us when we are making change and working towards achieving a goal.  
Good luck!**