and emotions – acknowledging that fact will empower you to do much better.

personality ("Just because I fear certain situations, it doesn't mean that I am weak or a loser.")

responsibility and blaming others for how you feel. You are the one in charge of your behavior

collection of steps you can take, to tackle cognitive distortions.

are often a part of our subconsciousness.

when I am afraid of public speaking") and stop overgeneralizing them on your entire

you should (not) feel. However, it is crucial to remember that this step is not about avoiding

regardless of how you felt.

people" try "Public speaking is challenging for me, and I am afraid. But it's okay to be afraid,

very difficult to do, and may require the help of a licensed therapist, since those hidden gains

perspective may offer a new angle on the same situation.

that you are not good enough. For example, each time you managed to speak in public,

imply that you are somehow damaged or incapable. Below you will find a comprehensive

created. That will reveal what specific behaviors or behavioral patterns you marked with these

gain as well. Find out what it is that your fear of public speaking is enabling. Naturally, this is

for you, out of sympathy.

situations in which you were successful and thus counteract the negative, unrealistic belief

them and analyze what they may be enabling.

back from living our life to the fullest.

get an external point of view, by checking in with few close friends or family members. Their

do it for you, out of sympathy.

that may be a part of the problem. In this way, you'll invest your energy into identifying these

speak. It wasn't brilliant, but it's wasn't a complete disaster either. My

compassionate and gentle, but when it comes to yourself, your self-talk can be unfriendly and

during your public speaking (or other situations), try to come up with other, realistic factors

has been identified, is challenging it with following questions:

replacement with the rational alternatives.

thoughts, and behaviors regarding public speaking. Then, make sure you take a close look at

base of your irrational beliefs. If you are prone to self-critique, you should try to identify all the

"weak" or "incompetent". It is important to try and uncover these and other global labels you

was, on the same 0-100 scale, while trying to remain positive, yet realistic.

An extra tool for examining and disputing your cognitive distortions, when an irrational belief

Remember how you talk to a friend who is in a similar situation as you? You are, probably,

Sometimes it's hard to estimate objectively how realistic our thoughts are. If you are unsure

The last time I had a public speech, my fear (on a scale of 0 to 100) was 76".

Even if your speech or circumstances weren't ideal, evaluate how successful your speech

You can create a list of the advantages and disadvantages of your identified feelings,

One of the most common cognitive distortions is giving yourself a label, such as "loser",

Remember, you are attacking your irrational beliefs while being supportive and kind to

As you know by now, the way we think has a great influence on how we feel and what we do.

Don't write off public speaking as a complete disaster, before anything has even happened.

Now that you have recognized the cognitive distortions, linked to your fear of public speaking,

An extra tool for examining and disputing your cognitive distortions, when an irrational belief

Looking back to your previous experiences with public speaking can help you to identify the

Rather than seeing yourself as the center and direct cause of everything that can go wrong

One of the main reasons why it's so hard to abandon our deeply-rooted patterns of thoughts,

So let's see what we can do about these cognitive distortions - how can we challenge and

Transforming Your Thoughts

What's the worst that can realistically happen? Can I survive that?

Will this be important to me in a week, month or a year?

Am I aggravating the problem by seeing it this way?

Is there any objective evidence, that is not just in my head, for and against this thought?

Do I really must, should, or have to…?

Can I entirely control this situation? Can I accept the things I can't control?

Liya Panayotova, Psychologist, liyap.com

Source URL: https://explorable.com/e/transforming-your-thoughts

Home