



COUNSELING CENTER

Refresh Your Perspective

Perspective is how one thinks about something as well as what one chooses to focus on. It governs how we feel. It's important to recognize when your viewpoint and thoughts aren't serving you, so you can take steps to change your perspective to enhance your life.

Common unhelpful thinking patterns:

- Catastrophizing
- Mind-reading
- Over-generalizing
- All or nothing thinking
- Personalizing
- Disqualifying the positive
- Fortune telling
- Labeling
- Magnifying

Quick coping tips/strategies:

- Increase awareness of automatic thoughts
- Identify common themes
- Disrupt negative thoughts when possible
- Challenge validity of thoughts
- Use distraction when unable to challenge negative thoughts
- Practice changing thoughts to create a more positive response

To learn more, attend the Refresh Your Perspective Wellness Workshop!

