

Transforming OLD MEANINGS to NEW MEANINGS

<p>TRIGGER Write down a `trigger` that brings up a specific unhelpful thought/image in the box below:</p>	<p>OLD MEANING What does this thought or image mean to you? Make a note of the unhelpful part/s of this below:</p>	<p>NEW MEANING If you could change the meaning of the thought/image to one that is more consistent with reality and the evidence then write this below:</p>
<p>A `trigger` can be something you think or picture, something you see or feel, a memory, or concern about the future...</p>	<p>We attach meanings to some things which can lead us to experience unhelpful emotions and behaviour. Some of these might be rigid, dogmatic, inflexible, non-accepting.</p>	<p>New meanings are ones which we can say are realistic and consistent with reality and the evidence. They are also more self accepting and preferential.</p>