

Overcoming Negative Thinking

Get rid of negative thoughts with the T.E.A.R.S OF H.O.P.E method.




In module 4, we learned some ways to overcome negative emotions. This worksheet will help you apply the TEARS OF HOPE framework discussed during the programme to overcome negative thoughts and feelings.

This worksheet is a part of Module 4 of the Work Stress Programme.

 15 minutes

 Print pages 5 to 8 of this worksheet

 Have a question? Send a mail to help@mindn.ai

 The information on this worksheet is not intended or implied to be a substitute for professional medical advice, diagnosis, or treatment.

T.E.A.R.S OF H.O.P.E is an acronym developed by Sims (2017) to explore ways to proactively acknowledge and overcome negative emotions. Here's what it stands for:

- **T - Teach and Learn**

To comprehend how and why you feel bad, use the worksheet Negative Thought Journal.

- **E – Enable and Express**

Allow your negative feelings to be fully aired through healthier hobbies like journaling and venting.

- **A – Accept and Befriend**

Without criticising yourself for having these thoughts, accept your feelings for what they are.

- **R – Re-appraise and Re-frame**

Focus on changing how you think and react to thoughts once you have mastered accepting your feelings.

- **S – Social Support**

When experiencing feelings you find difficult to control, seek support.

- **H – Hedonistic Wellbeing and Happiness**

When you feel unhappy feelings, actively think of or recall some pleasant moments.

- **O – Observe and Attend**

Be observant and pass judgement on your reactions and feelings.

- **P – Physiology and Behavioural Change**

Pay special attention to how your body changes as you gently attempt to relax.

- **E - Eudaimonia**

Develop contentment by making consistent attempts.

INSTRUCTIONS




Try to recall a recent incident about which you are still harbouring negative emotions like anger, sadness, grief, frustration, etc.





Follow each step of the TEARS OF HOPE framework as given in the worksheet.

This is a lengthy worksheet. You can fill it up in parts. Refer to the sample worksheet to understand how you need to use this worksheet.

 **SAMPLE WORKSHEET**

 Emotion: _____
Anger

 Situation: _____
When my project proposal got rejected in front of everyone

 Thoughts Associated: _____
I felt betrayed and humiliated

- **T - Teach and Learn**

Q. When did you start to feel this way?

As soon my boss said, in front of everyone, that my project needs a lot of re-work.

Q. Why are you feeling the way you do about this incident?

I worked so hard for this! But he just humiliates me in front of my colleagues and rejects my work.

- **E - Enable and Express**

Choose one method out of the options below to express your emotions:

Journalling

Talk to a friend

 Cry it out

- **A - Accept and Befriend**

Accept your emotion for what it is, and not what it manifests as, by filling in this statement.

I accept that I am feeling disappointed which is making me angry.

- **R - Re-appraise and Re-frame**

Refer to the worksheet Rephrase Your Negative Thinking. Think of something that you gained from this situation:

Well, I will take his feedback and come up with a better proposal.

- **S - Social Support**

Choose who you can go to for comfort and support during this difficult time

Friends

Family

Colleagues

- **H - Hedonistic Wellbeing and Happiness**

Write down three good memories from the same day that this incident happened.

- a. I was invited to an overseas conference.
- b. I went out for lunch with my team: they were very supportive.
- c. I got to know that my report was acknowledged by the Director.

****To follow the next three steps in the framework, head over to recommended tools.***

TO BE FILLED



Emotion: _____



Situation: _____

TO BE FILLED



Thoughts Associated: _____

- **T - Teach and Learn**

When did you start to feel this way?

Why are you feeling the way you do about this incident?

- **E - Enable and Express**

Choose one method out of the options below to express your emotions:

Journalling

Talk to a friend

Cry it out

- **A - Accept and Befriend**

Accept your emotion for what it is, and not what it manifests as, by filling in this statement.

I accept that I am feeling _____ which is making me _____.

- **R - Re-appraise and Re-frame**

Refer to the worksheet Rephrase Your Negative Thinking. Think of something that you gained from this situation:

- **S - Social Support**

Choose who you can go to for comfort and support during this difficult time

Friends

Family

Colleagues

- **H - Hedonistic Wellbeing and Happiness**

Write down three good memories from the same day that this incident happened.

**To follow the next three steps in the framework, head over to Recommended tools.*



Everyday application!

Negative emotions carry messages that we often don't notice. The next time you experience a negative feeling at work, pause for a minute and refer to this table to understand what the emotion is trying to tell you.

EMOTION	SHOWS YOU
Anger	You need to reinforce your own boundaries and respect other people's boundaries.
Disappointment	You are passionate about achieving your goals and will try again even if you fail.
Guilt	You need to let go of unrealistic perceived expectations about how you should be and what you should do.
Anxiety	You are hinging your well-being on the past and future. You need to focus on what is happening now.



RELATED WORKSHEETS

01

Negative Thought
Journal

Work Stress, Module 4

02

Rephrase Your
Thinking

Work Stress, Module 4

03

Be Okay
'Not Knowing'

Work Stress, Module 14



RELATED INFOSHEETS

01

Emotional
Wheel

Work Stress, Module 4

02

Taming The
Inner Critic

Work Stress, Module 4

Reference: T.E.A.R.S OF H.O.P.E is mnemonic is derived from Prof Ceri Sims's research paper.

Sims, C. (2017) *Second Wave Positive Psychology Coaching with difficult emotions*: