mindⁿ

Overcoming Negative Thinking

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



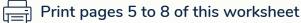
In module 4, we learned some ways to overcome negative emotions. This worksheet will help you apply the TEARS OF HOPE framework discussed during the programme to overcome negative thoughts and feelings.

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



Π

15 minutes



-X 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 acknowlege 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.

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



• 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.

Print worksheet	TO BE FILLED	Date of Entry: / /
CEmotion:		
Situation:		

Print worksheet	TO BE FILLED	Date of Entry: / /
Thoughts Associated:		
• T - Teach and Learn When did you start to feel this wa	aγ?	

Print worksheet		
Why are you feeling the way you	do about this incident?	
• E - Enable and Express Choose one method out of the op	tions below to express you	r emotions:
Journalling	Talk to a friend	Cry it out
 A - Accept and Befrien 		
Accept your emotion for what it is	s, and not what it manifests	s as, by filling in this statement.
l accept that I am feeling	which is n	naking me
• R - Re-appraise and Re-fra Refer to the worksheet Rephras gained from this situation:		Think of something that you

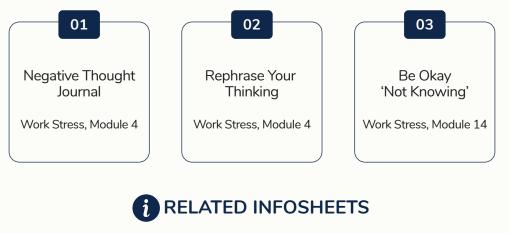
Print work	sheet			
	cial Support /ho you can go to fc	or comfort and support d	uring this difficult time	
	Friends	Family	Colleagues	
	edonistic Wellbeing vn three good mem		that this incident happened.	
*To follov	v the next three ste	ps in the framework, he	ad over to Recommended tools.	

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.	







Reference: T.EA.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: