



# Module 13: Learn to Manage Your Thoughts

Participant Guide





Managing your thoughts can help you prevent or delay type 2 diabetes.

## In this session, we will:

- Discuss how to replace negative thoughts with helpful thoughts
- Practice replacing a negative thought with a helpful thought

**You will also make a new action plan!**

Steps to replace negative thoughts:

1. Be aware of your negative thoughts.
2. Say “stop” to interrupt your negative thoughts.
3. Think helpful thoughts instead.

# Negative Thoughts vs. Helpful Thoughts



## Annie's Story—Part 1

Annie is at risk for type 2 diabetes, so she's trying to eat healthy foods and be active. Most days, Annie walks around the park.

But on Tuesday, it's raining. Annie thinks, "Ugh, the rain will make me cold. I'll just skip my walk today." But then Annie remembers how well she's been doing at staying active.

Walking every day has become part of her routine, and she's so proud of herself! Annie decides to replace her negative thought with a helpful one: "It's raining, so instead of walking today, I'm going to exercise indoors."



# Negative Thoughts vs. Helpful Thoughts

## Tips To Manage Negative Thinking:

- Practice recognizing negative thoughts.
- Make sure your action plan is realistic, doable, specific, and flexible.
- Have a sense of humor.
- Take care of yourself: manage stress, get enough sleep, eat right, and stay active.
- Look at things with a positive mindset.
- Be around people who encourage helpful thinking.
- Celebrate and reward your progress.

# Replace Negative Thoughts With Helpful Thoughts

## Three Steps To Replace Negative Thoughts With Helpful Thoughts

1. **Identify one of your negative thoughts.** What thought gets in the way of your healthy eating and activity goals?

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2. **Tell your negative thoughts to “stop.”** Some people imagine a big red stop sign. **How can you stop the negative thought you identified in Step 1?**

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3. **Think helpful thoughts instead.** **What helpful thoughts can replace those negative thoughts?**

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# Replace Negative Thoughts With Helpful Thoughts



## Changing Negative Thoughts

Recognizing the type of negative thought can help you turn it into a helpful thought.

Type of Negative Thinking		Examples
All or Nothing	Seeing only the positives or only the negatives, nothing in between	<hr/> <hr/>
Making Excuses	Blaming situations, things, or other people for your choices	<hr/> <hr/>
Filtering	Ignoring the positive and focusing on the negative	<hr/> <hr/>
Self-Labeling	Calling yourself something negative	<hr/> <hr/>
Comparing	Comparing yourself with other people and thinking you're not good enough	<hr/> <hr/>
Pessimistic	Assuming the worst	<hr/> <hr/>

# Replace Negative Thoughts With Helpful Thoughts



## Examples of Negative Thoughts

Cut out the examples below. You will work with your group to decide what type of negative thought each example represents and share ways to replace negative thoughts with positive ones. Two blank spaces are provided to write in your own examples after you have discussed the provided ones. Keep these separate from the rest of the deck.

"I can't eat ice cream ever again."	"Exercise is boring and tiring."	"I should be losing more weight each month."
"I can't meet my healthy eating goals because my family keeps baking cookies."	"I'm going to skip my physical activity today because of the weather."	"I just know I'm going to get hurt. Then I won't be able to work out."
"No one else supports my healthy lifestyle."	"I haven't stuck to my healthy eating plan this week."	"Stella is so much stronger than I am."
"I'm such a weakling."	"I'm the world's worst cook."	"I just know I'm going to get type 2 diabetes since both of my parents had it."
"Tommy has lost so much more weight than I have."	[Write Your Own Negative Thought On The Line Below] _____	[Write Your Own Negative Thought On The Line Below] _____

# Replace Negative Thoughts With Helpful Thoughts



## Changing Negative Thoughts

Recognizing the type of negative thought can help you turn it into a helpful thought.

**When thinking about your negative thoughts and turning them around, consider these questions:**

- What situations cause me to think negative thoughts?
- What new things can I do that help me pause when I am thinking negative thoughts?
- What can I do to encourage helpful thinking?

