

Thought Distortions

When thoughts are overwhelming or if you're stuck in a "thinking trap": **4-C's**

Catch it What thought is going through my mind?

Check it Am I sure that this is real, true, or right?
What proof do I have?

Change it Is there another way I could look at this situation? What else could be happening?
What would I tell a friend?

Choose it Choose a more balanced, helpful perspective

Thoughts aren't facts, so sometimes we need to flex our thinking, or choose to look at things differently. Practice makes it easier!

WATCH FOR:

Always/Never, Mind Reading, Catastrophizing, Should Statements

Conflict Resolution

PEACE Method

Conflict Resolution Quick Reference

P PAUSE & BREATHE

Take deep breaths • Notice physical reactions • "What am I feeling?"

E EXPRESS & EMPATHIZE

Use "I" statements • Listen actively • Show empathy through mirroring

A ACKNOWLEDGE IMPACT

Validate feelings • Focus on understanding • Multiple truths exist

C CREATE HEALING

Focus on issue, not person • Brainstorm win-win options together

E ENGAGE IN ACTION

Choose solution together • Make commitments • Set timeline

ECHO: EVERY CHOICE HAS OPPORTUNITY



ECHO: EVERY CHOICE HAS OPPORTUNITY

