



NEGATIVE THINKING:

Understanding and Managing it in Difficult Times

This is a 45-minute talk, followed by 15 minutes for Q&A

ABOUT THIS TALK:

The average human mind produces tens of thousands of thoughts a day. A meaningful portion are negative, repetitive, and uninvited.

Most of us have been told to think positively, push negative thoughts away, or replace them with something better. Over 40 years of research tells us that this strategy backfires, and that the real problem isn't the thoughts themselves, but our relationship to them.

This session draws on three of the most extensively researched therapeutic frameworks: Acceptance and Commitment Therapy (ACT), Cognitive Behavioral Therapy (CBT), and Dialectical Behavior Therapy (DBT), to offer something more useful than positive thinking.

YOU WILL LEARN:

- Why negative thinking intensifies under stress, uncertainty, and crisis, and why this is not a sign of weakness.
- Three evidence-based skill sets; one for each kind of stuck moment, which are easy to learn and apply.
- Practical tools for the moments when thinking itself, becomes the trap.

