



# THE ENOUGH EXPERIMENT - PARENTING

## Handling Recurring Negative Thoughts

(This also works for \*any\* recurring negative thought)

1. Identify a negative thought or belief about your parenting. Be really specific - no generalisations.
2. Write it down.
3. Next, create 8-10 challenges to counter that negative thought. Why might it be wrong? Imagine how a loved-one might challenge that thought (Super helpful in this exercise!)
4. Take a picture on your phone - read your challenge list whenever you're feeling self-critical. OR hang the completed worksheet on your fridge or pinboard.

Here's an example to get your started:

**Thought:** My long work hours are damaging my teenagers.

### Challenge that thought:

1. I'm always there for the important things - they don't need me every minute of the day.
2. My teens get to see Mum pursuing a career she's passionate about.
3. They know they're loved!
4. I can choose not to engage with this train of thought.

(And so forth...)

Your turn!

**Thought:** \_\_\_\_\_

### Challenge that thought:

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_
10. \_\_\_\_\_

