

# 8

## Negative thoughts and your relationship with yourself

In this module, we'll be discussing negative thoughts and how they can affect your mood. We'll also be exploring setting some goals. Before we dive in, take a moment to reflect on your week and update your feelings log.

Before we get started, please fill in your pixel tracker from page 2.



### Thought traps

1. Should thoughts
2. Black and white thinking
3. Catastrophising thoughts
4. Overgeneralising
5. Predicating the future
6. Ignoring the positive
7. Mind-reading thoughts/Self-critical thoughts

For this exercise we will be learning about each type of thought trap.

Watch Kiera while completing this task, and after identifying each type of thought trap, rate how frequently you experience each one on a scale of not at all, sometimes, quite a bit, or very often by marking your rating with a cross in the box you most closely relate to.

## 1. Should thoughts

Should thoughts involve expectations of ourselves or others that often are not possible and can leave us feeling disappointed or upset.

Not at all      Sometimes      Quite a bit      Very often

## 2. Black and white thinking

Either things go perfectly and as we expect, or if they don't then it's not good enough.

Not at all      Sometimes      Quite a bit      Very often

## 3. Catastrophising thoughts

Jumping to conclusions about future events and assuming the worst possible outcome.

Not at all      Sometimes      Quite a bit      Very often

## 4. Overgeneralising

Treating one setback or negative situation as evidence for how things will always be.

Not at all      Sometimes      Quite a bit      Very often

## 5. Predicating the future

Making assumptions about something negative happening before it has even happened.

Not at all      Sometimes      Quite a bit      Very often

## 6. Ignoring the positive

Neglecting any positive outcome or progress that has occurred.

Not at all

Sometimes

Quite a bit

Very often

## 7. Mind-reading thoughts/Self-critical thoughts

Assumptions about what others are thinking about us and negative and unkind thoughts about ourselves.

Not at all

Sometimes

Quite a bit

Very often

## Balancing the thought scale

The goal of this exercise is to challenge negative thought patterns and develop a more balanced perspective. Instead of automatically accepting your thoughts as facts, ask yourself questions to explore their validity. Use this process to reframe your thinking and gain a clearer understanding of your situation.

After watching Sally's thought process use the space below to work through your own thoughts. Review your workbook, focusing on your pixel tracker, and any fears you've had about catheterisation, identify evidence for and against it. Finally, create a balanced, alternative thought.

1. I think

I believe this X%

%

2

The evidence for this is...

3

The evidence against this is...

4. Alternative thought might be

I believe this X%

%

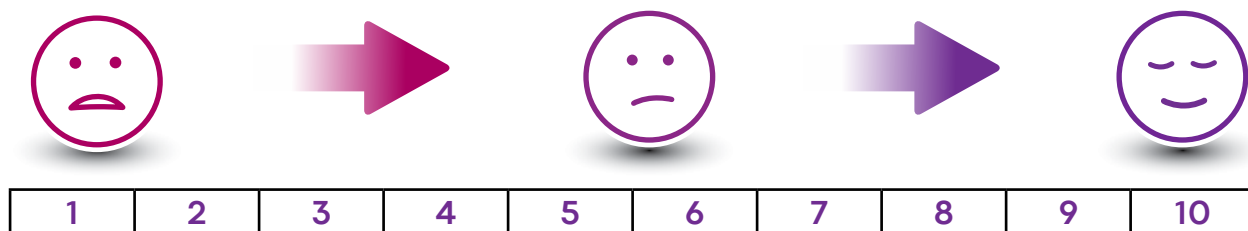


# Let's reflect

During module 8 we have covered how to challenge thoughts that are unhelpful to us, different types of thought traps and the ways that we can balance the thought scale to work towards a more balanced view.

Before you go, how are you currently feeling about catheterising?

Log your current rating of anxiety about catheterising by ticking a number.



1	2	3	4	5	6	7	8	9	10
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Contact our me+ Continence Care Support Team for additional resources:

**Australia:** Call 1800 335 276 or  
email [connection.au@convatec.com](mailto:connection.au@convatec.com)

**New Zealand:** Call 0800 225 4309 or  
email [connection.nz@convatec.com](mailto:connection.nz@convatec.com)

# Notes





Guiding the way to confident living  
with intermittent catheterisation

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