

Cancer Services

Thinking Strategies



Self-talk

When we are worried or anxious, we often feel like we cannot cope. Remind yourself that you can unhook from the stream of thoughts, feelings and sensations that come up.

Remember to use a kind voice whilst doing this and remind yourself to drop anchor and acknowledge what has shown up.

When you become aware of difficult thoughts, thank your mind for trying to help and then use a coping statement such as:

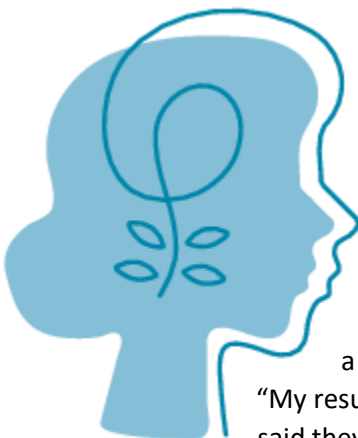
There's anxiety

This will pass

I have got through this before

This can help to boost your confidence and help you feel able to acknowledge difficult thoughts and focus on what is important to you.

Balanced Thinking



When your mind is telling you stories or trying to solve problems it often forgets to use all the information that is available. It hooks you into the scariest information and trying to find a potential situation to the threat. It is trying to be helpful and keep you safe.

When this happens sometimes a useful technique to try is called "balancing".

When you have an unbalanced thought, you can try to balance it out by saying a more accurate and helpful statement to yourself. For example, the thought "My results will be bad" could be balanced with "If the cancer comes back, my doctor said they would have another treatment plan to sort it."

This technique does not aim to get rid of the unhelpful thought, it just helps you to consider another perspective too.