

5 Questions to Emotional Freedom Exercise

Another technique we teach clients comes from Dr. Amen's friend Byron Katie. If you don't question your thoughts, your brain believes them and will act as though they are true. Again, whenever you feel sad, mad, nervous, or out of control write down the ANT. Then ask yourself five simple questions.

Automatic Negative Thought:

1. Is it true?

2. Can I absolutely know that it is true?

3. How do I feel when I believe the thought?

4. Who would I be or how would I feel without the thought?

5. Turn the thought around to its opposite and ask yourself if the opposite of the thought that is troubling you may, in fact, be true?

Challenging your thoughts in this way lets you question their rationale and helps you see how untruthful you can be to yourself. This exercise also lets you see how your negative thoughts make you feel badly about yourself and your life - and your emotional response to them makes you vulnerable to relapse. Identifying how you would feel without the thought and turning the questions around allows you to see yourself and your life through a more realistic, positive and hopeful light.