

Challenging Self-Stigma

Van Kirk, N. (2021). *Reducing Stigma for Providers with Mental Health Diagnoses*.

| Self-Stigmatizing Belief | What thinking traps intensify this belief? | Don't take it at face value... <i>Challenge</i> self-stigma! |
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| | <p>All or nothing thinking</p> <p>Catastrophizing</p> <p>Over-generalizing</p> <p>Emotional reasoning</p> <p>Focusing on the - / ignoring the +</p> <p>Oversimplifying</p> | <p>What is the objective evidence for/against (what would hold up in court)?</p> <p>Are there parts of my belief/evidence that aren't in line with current science around mental health?</p> <p>Do you tell yourself this out of habit or because of the facts?</p> <p>Are the words used to extreme or exaggerate to be objective/accurate?</p> <p>Are you giving yourself credit for your effort/resilience or discounting the impact of the current situation?</p> |
| Empower Yourself | | |
| Objective/Self-Compassionate Belief | | |
| Empowering Actions | <p>What do I need to learn more about?</p> <p>What can I do to test/challenge this belief?</p> <p>Other helpful/adaptive behaviors:</p> | |