

# Overcoming Negative Thoughts about Diabetes

## ***Instead of this:***

### **SKEWED THINKING**

**I should take care of my diabetes perfectly.**

**Nothing I can do can stop diabetes complications.**

**My personal needs must always be secondary to the needs of my diabetes.**

**Any high or low blood sugar means I have done something wrong or bad.**

**Diabetes is not a serious disease.**

**Diabetes cannot harm me.**

**If I don't think about my diabetes, it can't hurt me.**

**Taking care of my diabetes means that diabetes will control my life.**

**Diabetes is not a serious disease.**

**Taking care of my diabetes means that diabetes will control my life.**

**I can never take a vacation from diabetes.**

## ***Try this:***

### **BALANCED THINKING**

**I take care of my diabetes as well as I can with the understanding that no one can do it perfectly.**

**Managing my diabetes well will dramatically reduce my chances of developing complications.**

**Working with my health care team, I find ways to take care of my diabetes and still have a life!**

**High and low blood sugars can occur for reasons that may have nothing to do with my actions.**

**Diabetes is a very serious disease.**

**Without proper care, diabetes will harm me.**

**Poorly controlled diabetes can hurt me if I think about it or not!**

**Taking good care of my diabetes will take time and effort, but gives me a healthier life.**

**Diabetes is very serious, and very treatable.**

**Taking good care of my diabetes will take time and effort but will allow me to feel more in control of my life.**

**I need a vacation from diabetes at times, and if I plan, I can adjust some of my regimen to do less for certain times, or even days.**

