

Challenging Negative Thinking



UNHELPFUL THOUGHTS

- *"I'm so hopeless!"*
- *"I'll never be good at anything!"*
- *"I must succeed in everything I do!"*
- *"No one will accept me if I make a mistake."*
- *"I will die of embarrassment if I answer the question wrong."*



SELF-CHECK

- *Could you be exaggerating?*
- *Check it out with a friend.*
- *Are you sure this is really going to happen?*
- *Is this really true?*
- *How much does it matter what other people think?*
- *Are you forgetting the positives?*
- *Can you really expect to be perfect at everything you do?*
- *What is the worst thing that could possibly happen? What is the evidence?*



HELPFUL THOUGHTS

- *"Everyone is good at different things. This might be something I will have to practice at."*
- *"Nobody is a success at everything they do. It's ok if I am not perfect. Being perfect is boring!"*
- *"Mistakes are opportunities to learn. It's okay if I make a mistake. I am human."*
- *"No one dies of embarrassment. There are far more embarrassing situations in life. Remember - nobody is perfect!!"*

What other unhelpful thoughts do you have?
What would be a more realistic way to think of that situation?

