



Negative Automatic Thoughts...




No one
likes me!




Nobody
cares!



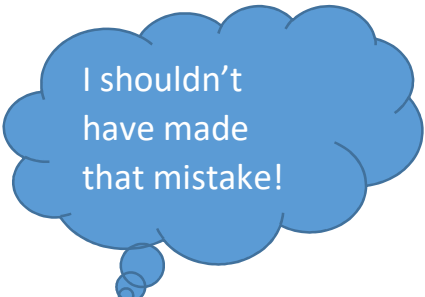
It's all my
fault!




I always get
into trouble!



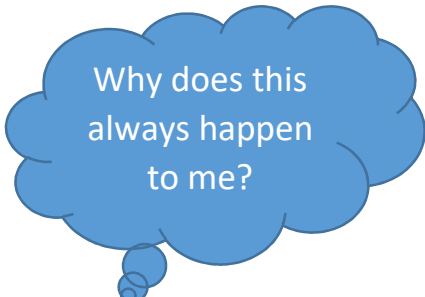
Now everything
is ruined!




I shouldn't
have made
that mistake!




What if
everyone
laughs at me?



Why does this
always happen
to me?



I can't do
this!



I will never be
any good.

Ways to challenge negative thoughts.....

What is a more helpful thought?

What is another possibility?

What would the people who care about me say?

What is the worst that could possibly happen?

If my friend had this thought what would I tell them?

Can I be 100% sure this is true?

If the worst really did happen, what could I do to deal with it?
Who could help me?

What is the best possible outcome?