

# Test your thoughts!

- Write down the negative thought.....(eg I can't do that work, My work isn't as good as theirs, I won't get picked for the team, I'm going to fail!)
- What is the evidence against this thought?
- What would my best friend say if they heard my thought?
- What would my teacher say if they heard my thought?
- What would my parents/ carers say if they heard my thought?
- What would I say to my best friend if they had this thought?
- Am I making any thinking mistakes? For example blowing it up? Forgetting my strengths or good points, blaming myself or predicting failure?

Key points to remember.....

- Get it in perspective
- We need the evidence. Check it out!
- Be realistic.
- Challenge and change your thinking to cope more effectively!

