

# THE AMAZING BAD-THOUGHT-BUSTING PROGRAMME

SHEET 1

## 1. Label it

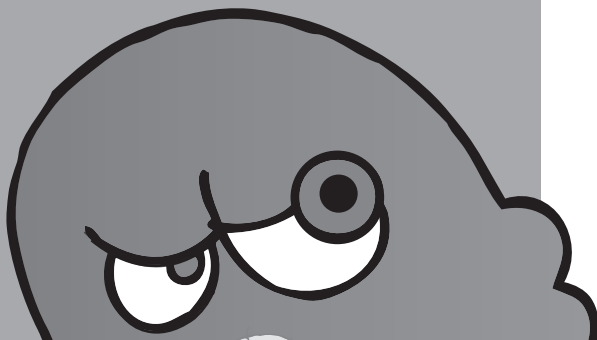
Oh, you're just one of those bad thoughts.

## 2. Leave it

A bad thought needs attention, so don't give it any.

## 3. Stand up to it

Bad thoughts are like bullies - weak underneath. You can beat them.



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SHEET 2

## 4. Give yourself a break

What would someone who really loved you say? Trust them and let them help you beat the bad thought.

## 5. Look at it differently

- Give yourself the advice you'd give a friend.
- Ask yourself if it will matter in six months.
- Pick someone you know and work out how they would handle the situation.
- Ask yourself if it matters so much.
- Are you basing this on how you feel rather than the facts?
- What would other people say?
- Are you looking at the whole picture?

