

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.
You can beat them.

The Amazing Bad-Thought-Busting Programme

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.
- What would other people say?
- Are you looking at the whole picture?