

THE AMAZING UNHELPFUL THOUGHT-BUSTING PROGRAMME

SHEET 1

1. Label it

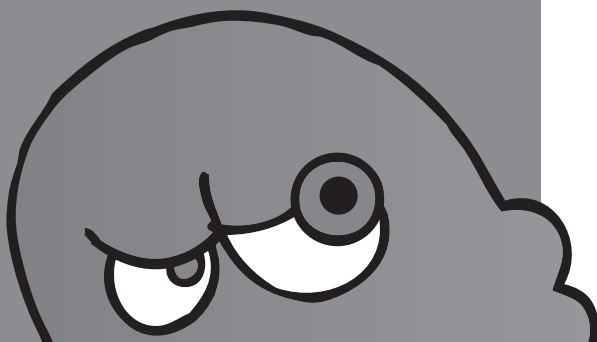
Oh, you're just one of those unhelpful thoughts.

2. Leave it

An unhelpful thought needs attention, so don't give it any.

3. Stand up to it

Unhelpful 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 unhelpful 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?

