

THOUGHT CHALLENGING

Sometimes it can be really hard to keep thinking positively, especially when it feels like bad things keep on happening to us. When we have negative thoughts, we are more likely to keep thinking negatively which makes that thought seem more powerful in our minds. The biggest challenge is then breaking that negative pattern of thinking.

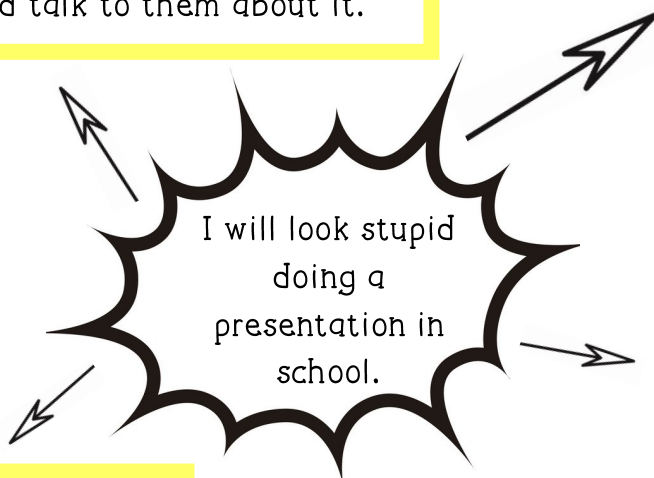
One strategy to "thought challenge" is to use a table (like below). Write your negative thought in one column and the positive thought in another.

Negative thought	Positive thought
I am rubbish at maths and will fail my exam.	I am trying my best to improve in maths and am making progress. I know that I can ask for help if I need to.

Another way to "thought challenge" is to mindmap (like below). This allows you to "brain dump" a negative thought and all the worries linked to it and challenge them all.

All of my friends have to deliver a presentation too. I am sure feeling nervous is natural. Maybe I should talk to them about it.

How do I know I will look stupid? Even if I am nervous, it doesn't mean my presentation isn't good.



I have presented before and even though I feel nervous. I am learning the skills to get better at them.

I can focus on my breathing during the presentation to keep myself calm.

Next time you have a negative thought, have a go at a thought challenge to try and find the positives! You can do them on your phone, a scrap piece of paper or in your head!