

Whoops, there it goes again!

How to stay positive when the bottom drops out of your world!

Choosing more helpful thoughts!

Learn to recognise your unhelpful thoughts and replace them with more helpful ways of thinking. Tick the ones you have heard yourself say and star the ones you say a lot.

Thoughts	Tick or star
I'm so stupid	
<i>I may not be able to do this YET, but I will.</i>	
She's much better than me	
<i>She may find it easier than me, but I find other things easier than her.</i>	
I can't deal with this	
<i>I've done tricky things in the past. I know I can do this if I take my time.</i>	
I always make mistakes	
<i>Everyone makes mistakes sometimes. That's OK. I tried my best, and that's what counts.</i>	
I'm no good at this	
<i>I may find this difficult right now, but by taking small steps, I'll learn every day.</i>	
I'm too shy	
<i>What's the worst that can happen? Whatever it is, I can cope with it. I can do this!</i>	
I can't do it; I'm no good	
<i>I don't have to be good at everything. I'm challenging myself which helps me grow.</i>	
I messed that up	
<i>Nobody is perfect. We all mess up sometimes.</i>	
I'm not very confident	
<i>I'm getting a little more confident every day.</i>	
I'm fat	
<i>OK, so I get that the more I think like that the worse I'll feel. How about I give myself a break and stop saying that?</i>	
I've always been like this	
<i>Thinking differently about this can help me change.</i>	
I can't	
<i>What if I could? I can try. I can learn, and I can practice. Saying "I can't" won't help.</i>	
Nothing ever works out for me	
<i>I bet if I tried I could think of lots of things that have worked out for me.</i>	
I should be doing better in life	
<i>OK, so what would I like to be better at? What do I need to do to be better?</i>	

It will never get any better	
<i>Maybe it could be a little better? What small steps could I take to improve the situation?</i>	
I can't forgive him/her	
<i>Not forgiving is a little like swallowing poison and hoping the other person will get sick.</i>	
It's too much for me	
<i>I can handle this. I can break it down into bite-sized chunks and deal with one piece at a time.</i>	
I'm useless	
<i>OK, so that didn't go as well as I wanted, but I can and will do better next time.</i>	
They're horrible to me	
<i>OK, so they aren't nice. I can't control them, but I CAN choose not to let them bother me.</i>	
I always forget	
<i>Actually, that's not really true. I don't always forget. I can remember lots of things.</i>	
I always mess it up	
<i>I'm just thinking that because I'm nervous. Back off chimp, I've got this!</i>	
I'm not confident enough	
<i>I'm getting a little more confident every day. Confidence is a skill I can learn.</i>	
I can't cope	
<i>OK, take a deep breath. That's just my chimp talking. Relax. We've got this!</i>	
I feel like a failure	
<i>Everyone messes up sometimes. That's OK. I can just pick myself up and try again.</i>	
I never do anything right	
<i>If I remind myself what I've done well every day, then my confidence will grow.</i>	
I wouldn't be any good at that	
<i>I may be good at this: I won't know until I try.</i>	
I'm frustrated	
<i>Thinking that isn't going to help, is it? How else can I approach this?</i>	
It's not my fault	
<i>It's easy to blame other people. What could I have done differently?</i>	
It's too hard	
<i>How about I think "this is getting a little easier" instead?</i>	
I always...I never...	
<i>Sentences that I start with 'always' or 'never' are probably not helping me!</i>	
I should	
<i>How about I say 'I can' or 'I will' instead?</i>	
Why can't I do anything right?	
<i>Actually, I do a lot of things right. This thing may just need a little more practice.</i>	
Everybody hates me	
<i>Not everyone hates me. I have friends and family who like me.</i>	

Everyone thinks I'm stupid	
<i>I need to remember all the great things I like about myself and ignore that chimp!</i>	
I always get it wrong	
<i>Everyone makes mistakes. Mistakes just mean I'm learning and challenging myself.</i>	
I'm going to make a fool of myself	
<i>I'm going to do my best, and that's the best I can do!</i>	
I'm terrible at that	
<i>I don't have to be good at everything. I can get better at anything if I practice.</i>	
I shout a lot when I'm angry	
<i>I can't control other people or situations, but I can control my response.</i>	
I keep losing control	
<i>My chimp thinks I'm in danger. But I'm not! I'm OK. I've got this.</i>	
I often react badly	
<i>I'm in control of my emotions. Nobody else. I know I can choose a different response.</i>	
Nothing seems to work	
<i>OK, so this is not working right now. Let's try looking at it differently. Who can help me?</i>	
I'm not good enough	
<i>That's not being very kind to myself. Would I say that to anyone else?</i>	
I'll never change	
<i>What if I could change? Do I want to change? I can change if I want to.</i>	
Nobody likes me	
<i>Not everyone will like me, just like I don't have to like everyone. That's OK.</i>	
He thinks I'm ugly	
<i>I'm not a mind reader! And I accept myself just the way I am anyway.</i>	
There's so much that could go wrong	
<i>Yes, things could go wrong but let's think about what could go right.</i>	
I'm so mad/angry	
<i>I can calm myself down by using one of the techniques I've learned.</i>	
I'm going to fail	
<i>If I tell myself I'll fail, I'm not giving myself much of a chance. I can do this.</i>	
What if.....?	
<i>In the words of Mark Twain, 'I've been through some really terrible things in my life SOME OF WHICH actually happened!' Let's not go there...</i>	
Add your own...	