

let's change my thoughts

it can be easy to feel that we are victims to our negative thinking

We need to be aware that we can challenge our negative thinking to produce a different outcome.

Write a negative thought you have:
(For example - no one likes me)

Take one of your negative thoughts and go through the following questions:

Is my thought true?

What is the evidence against my thought?

If my friend shared this thought with me what would I say to them?

Will this thought matter to me in a years time?
