

THE AMAZING **BAD-THOUGHT-BUSTING** PROGRAMME

SHEET 1

1. Label it

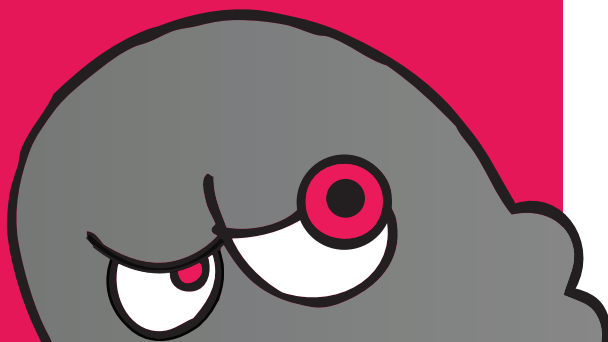
Oh, you're just one of those bad thoughts.

2. Leave it

A bad thought needs attention, so don't give it any.

3. Stand up to it

Bad thoughts are like bullies - 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
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.
- 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?

