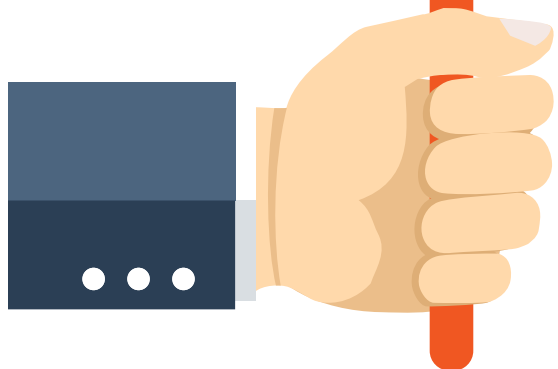


*Catch it,
Check it,
Change it!*

Stop! Catch that critical thought. Check it. Is it helpful? Change it. What else can you say to your self instead that might be more positive?. Have a go below - write a negative thought that you have about yourself in the top box and then try to answer the questions to help you reframe you critical self talk and negative thoughts.



Catch it:



Check it, Change it:

Is this thought helpful? What is a more healthy thought?

What would I tell a friend in this situation?

What evidence do I have that what I'm thinking is really true?
What is the evidence against it?

Is there another way of looking at this situation? What are some other points-of-view?

