

# 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? Let's help you reframe your critical self talk and negative thoughts.

## CATCH IT!

Are your inside words hurtful to yourself right now?

## CHECK IT!

Is this thought helpful?  
How is this thought making you feel?

## CHANGE IT!

What would you tell a friend in this situation?  
Are the inside words your saying to yourself TRUE?

**Serenity**  
Psychological Support Services



GET MORE  
GREAT FREE  
RESOURCES

