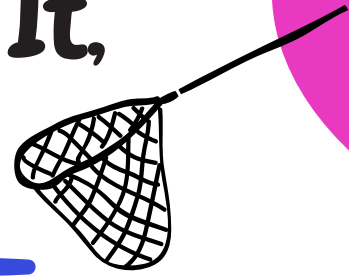# Catch It, Check It, Change It

This sheet can be used to identify unhelpful thoughts and make them more helpful and rational. Use it with the 'Unhelpful thoughts and thinking traps' worksheet. Look at the example below and then try it yourself.

## Step 1: Catch It — What unhelpful or worrying thought are you having?

"If I go to the swimming pool, everyone will see my eczema and then they won't want to hang out with me"

## Step 2: Check It — Is this thought true? What evidence is there for it? Are you falling into one of the thinking traps?

People might not even notice my eczema and even if they do that doesn't mean they won't want to hang out with me. My friends like me because of my personality not what I look like.
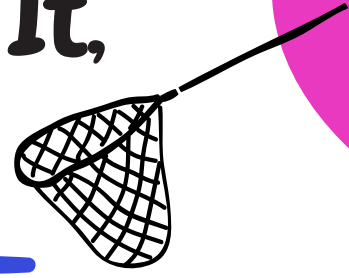
## Step 3: Change It — How can you change this thought to make it more balanced and helpful?

"If I go to the swimming pool I will get to hang out with my friends and have fun. Even if people do notice my eczema it doesn't mean they are having negative thoughts about it."

# Catch It, Check It, Change It

Your turn! Use this sheet and the Thinking Traps sheet to identify unhelpful thoughts and see if you make them more helpful and rational.

## Step 1: Catch It    What unhelpful or worrying thought are you having?

## Step 2: Check It    Is this thought true? What evidence is there for it? Are you falling into one of the thinking traps?
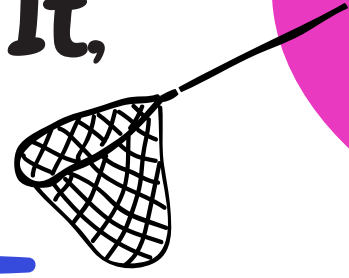
## Step 3: Change It    How can you change this thought to make it more balanced and helpful?

# Catch It, Check It, Change It

Your turn! Use this sheet and the Thinking Traps sheet to identify unhelpful thoughts and see if you make them more helpful and rational.

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