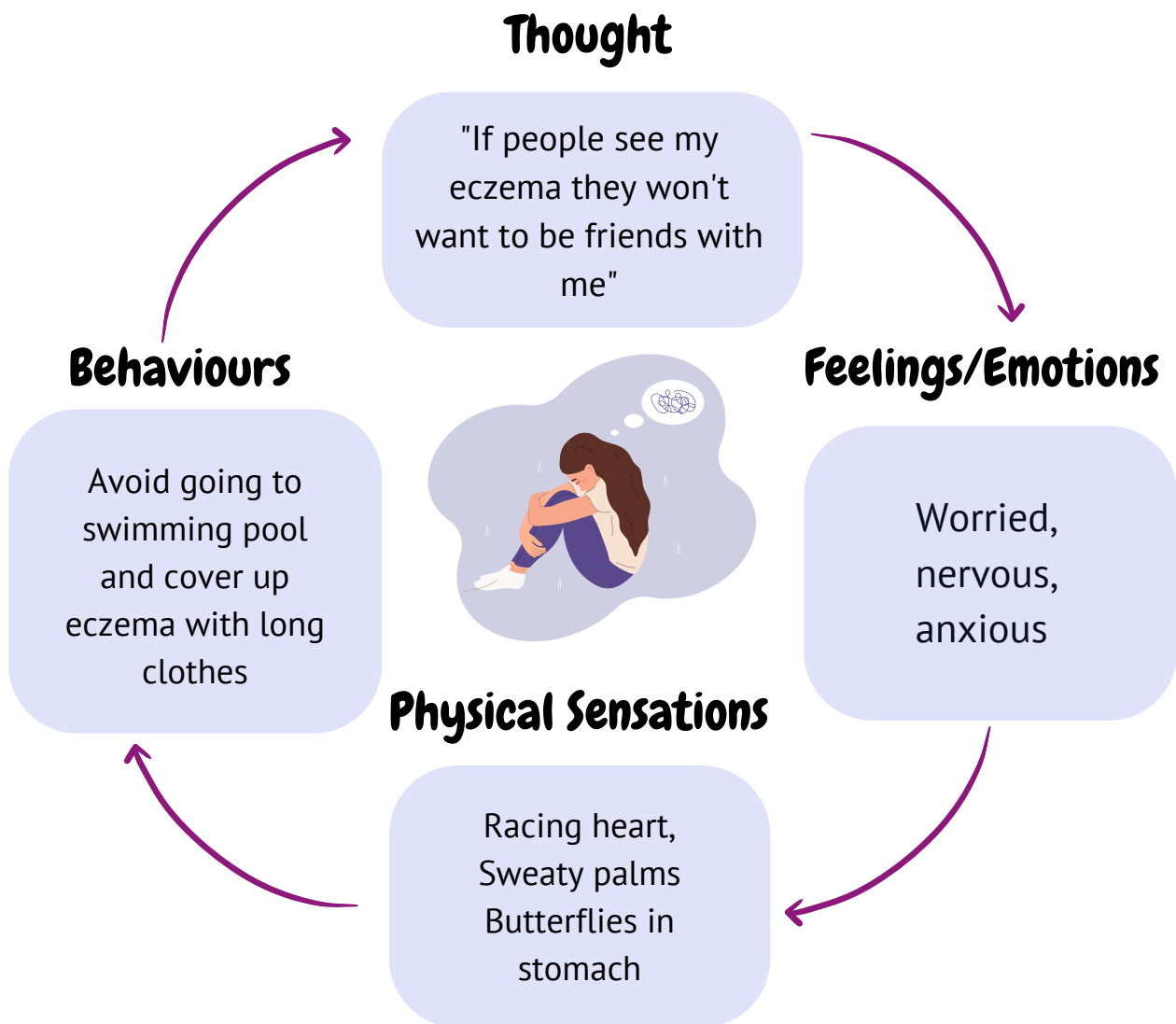




Unhelpful Thoughts

Sometimes, we have unhelpful, negative thoughts that make us worry and stop us doing the things we enjoy.

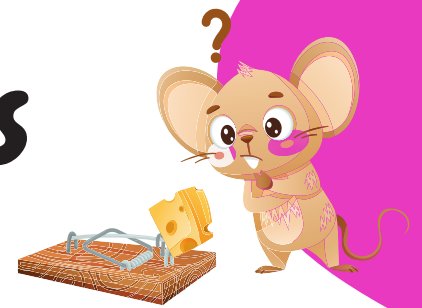
This is because our thoughts can affect what emotions we feel, the physical sensations in our body, and our behaviours. Look at the example below:



Although these thoughts often pop into our heads automatically, **we don't have to let them control how we feel and what we do.**

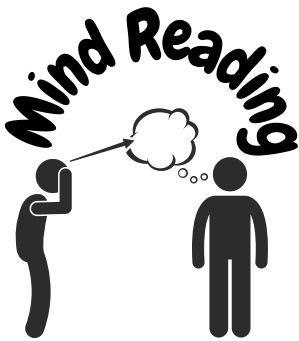
Learning to notice unhelpful thoughts and make them more rational can stop them having so much control over us and help us feel better and do the things that are important to us.

Thinking Traps



Which of these thinking traps do you fall into?

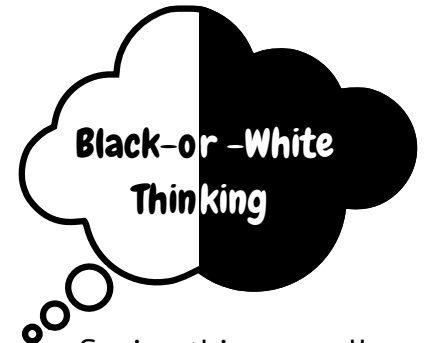
We often fall into unhelpful thinking traps which can make us feel worse and stop us from doing the things we enjoy. Here are some examples of common thinking traps we can fall into:



Thinking we know what others are thinking or feeling.



Predicting bad things will happen, even though we can't tell the future!



Seeing things as all or nothing (e.g., good or bad, succeed or fail)



Focussing on the negatives and ignoring the positives



Attaching a negative label to yourself because of one negative event (e.g., loser, failure)

Emotional Reasoning



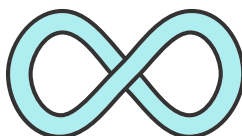
Making decisions or actions based on emotions without any evidence (e.g., avoiding doing something because you feel anxious)

Personalising



Thinking everything bad that happens is your fault

Overgeneralising



Thinking because of one bad experience, all similar situations will be bad



Always expecting the worst possible thing to happen in a situation