

a different way of thinking



when I find myself thinking

my **unhelpful thought**



I will say **STOP** (to myself)

I will then think of a more **helpful thought**



I will repeat the helpful thought _____ times

instructions

- fill in the worksheet
- the therapist will help you to do this
- cut out the card and make it into a flashcard
- put it where you will see it easily
- use it the next time you have the unhelpful thoughts