

THE AMAZING BAD-THOUGHT-BUSTING PROGRAM

1. LABEL IT

Oh, you are just one of those bad thoughts.

2. LEAVE IT

A bad thought needs attention, so do not give it any.

3. STAND UP TO IT

Bad thoughts are like bullies. They can be scary but are weak underneath.

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4. GIVE YOURSELF A BREAK

What would someone who really loved you say? Trust them & let them help you beat the bad thought.

5. LOOK AT IT DIFFERENTLY

- Give yourself the advice you would give a friend.
- Ask yourself if it will matter in six months.
- Pick someone you know and work out how they would handle the situation.
- Ask yourself if it matters so much.
- Are you basing this on how you feel rather than the facts?
- What would other people say?
- Are you looking at the whole picture?