The Amazing Bad-Thought-Busting Programme

Sheet 1

1. Label it

2. Leave it

3. Stand up to it





The Amazing Bad-Thought-Busting Programme

Sheet 2

4. Give yourself a break

What would someone who really loved you say?

5. Look at it differently

- Give yourself the advice you'd give a friend.
- Ask yourself if it will matter in six months.
- What would other people say?

