

# The Amazing Unhelpful Thought Busting Programme

Try the Amazing Unhelpful Thought Busting Programme (AUTPB) - for unhelpful thoughts that have a bad impact on how you feel emotionally or physically or what you do.

## 1 Label it

- Oh, you're just one of those bad thoughts.

## 2 Leave it

- Unhelpful thoughts often demand attention. Let them be.

## 3 Stand up to it

- Unhelpful thoughts are like bullies. You can beat them.

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## 4 Be kind to yourself: Give yourself a break

- What warm words of encouragement would someone say?  
Say them to yourself.

## 5 Look at it differently

- Give yourself the advice you'd give a friend.
- Ask yourself if it will matter in six weeks or months?
- What would other people you respect say?
- Does it really matter so much?
- Are you looking at the whole picture?