

# TOUGH TALK TOOLKIT



## CHALLENGING THOUGHTS

Learning to think well will help you feel well

### CHOOSE A THOUGHT

What's on your mind?

### EXAMPLE

*"I always make mistakes"*

### CHALLENGE THE THOUGHT

Is the thought completely true? If not, why?

*"No, sometimes I get things right"*

What is a more useful way to think?

*"It's more helpful to see mistakes as lessons"*

What can I accept from this?

*"It's human to make mistakes"*



### DID YOU KNOW?

If we have a number of similar, difficult experiences, we form an unhelpful belief, e.g I'm a failure. These beliefs are what shape many of our unhelpful thoughts. Challenging our unhelpful thoughts and beliefs can improve the way we feel.

It's important to choose one thought at a time and work with it. Try to pick a thought that comes to mind regularly. As you continue to challenge unhelpful thoughts, you may recognise themes or patterns. Take note of these as they can help you recognise where the thoughts stem from: the underlying beliefs. You can then challenge the beliefs directly.