

Reframing Unhelpful Thoughts

Have a look at the examples we've given below of ways to challenge and reframe our unhelpful thoughts. Have a go on the next page at reframing your own.

UNHELPFUL THOUGHT	THOUGHT REFRAME
I got that question wrong, I'm not smart!	I tried my best and I can try again next time.
It was just good luck that I scored that goal.	This is a show of my hard work and commitment.
It's out of my control.	I can regain control of myself in this.
I can't do it.	I can give this a try, it's okay if it doesn't work out.
I'm always wrong.	Sometimes I make a mistake, but that's my chance to learn.
I'm not going to like it.	I'm going to try it, and maybe it'll open a door to something I do like.
I never get invited to things.	This is another opportunity that shows me I might need to look for people elsewhere.
Maths is just too hard for me.	There are parts of maths that are too hard, but I know I do well in other areas.
I'm never going to get better at this.	I'm going to keep practicing. Who knows.
I don't want to learn that.	It's okay if I don't want to do something.

Here's your chance. Try your best, and add and challenge new ones as and when they come up.

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