

Work with your Thoughts

Now you know your thinking traps - use this worksheet to try and challenge them.

Catch it !

What are the thoughts you are having ...

Check it !

Use your wise mind technique to check if it's logical, find the thinking traps in it .

Challenge it !

Take the thought to court - what evidence have you got it's true?

Change it !

What would be a more helpful way of thinking?

