

Worksheet – Helpful and unhelpful thoughts

Callum's thoughts

I need money for credit and I have to wait for the weekend to get it.

My parents are so unfair, they never give me credit.

If I don't have credit, I'll be left out.

I won't know what my friends are doing this weekend and that would be terrible.

I could end up with no friends and my parents don't care.



Sam's thoughts

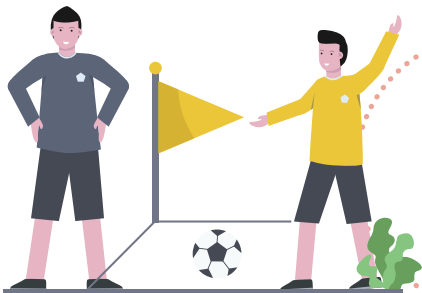
It is strange that my coach didn't say hello to me today.

He doesn't like me.

He's not going to pick me for the team.

He doesn't want to be friendly to me now and then leave me off the team later.

I'm not going to training tonight; I wouldn't be able to cope if I wasn't selected.



Stevie's thoughts

It didn't feel good when no one laughed at my story.

My friends have no sense of humour.

My friends don't like me anymore.

They all think I'm stupid.

I am stupid.

I'm not going to be nice to people who think I'm stupid.

