

STOP & REVERSE

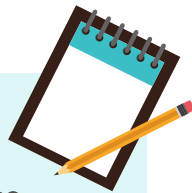


Sometimes our brains can be unhelpful by coming up with negative thoughts that make us feel bad. When things are tough, you may find yourself saying mean things about yourself like 'I'm stupid' or 'I'm always getting things wrong'. This is perfectly normal as we all experience bad thoughts from time to time. The good news is we don't need to put up with these thoughts as there are ways to stop them in their tracks and reverse them into good thoughts - thoughts that help us.

This activity is all about stopping and reversing those bad thoughts. Like anything else, it takes practice and you may struggle to control the really strong thoughts at the start. Try it on any negative thoughts you notice, no matter how small or insignificant.

Bad thoughts and negative self-talk can really upset you and bring you down. Why should you allow your brain to do this to you? Just tell it STOP and send those thoughts packing!

INSTRUCTIONS



Step 1: The first step is to practice noticing these negative thoughts when they pop up and write them down in a notepad. In the coming weeks you should look back and see if you can notice any repeating thoughts.

Step 2: Next you need to practice telling your brain to stop. You can do this by picturing a giant red flashing 'STOP' sign in your mind and saying to your brain "I'm in charge today, these thoughts can go away! You should then imagine crushing the thoughts into a paper ball and throwing it in the trash.

Step 3: After you have stopped those negative thoughts and thrown them away, you are ready to reverse them by telling yourself a more positive story.

EXAMPLES

Thought: "I am always getting things wrong"

Reverse it: I got that wrong but I also get a lot of things right."

Thought: "I can't do this, I am just dumb"

Reverse it: I am not dumb, I just can't do this yet. I'm gonna solve this. I can do it."

Thought: "Jody and Anton were mean to me. Nobody likes me"

Reverse it: "I am a nice person and have lots of friends. Sometimes people can be mean but I can always play with someone else"



STEP 1



STEP 2



STEP 3

