

Challenging negative thoughts

This list of questions has been designed to help children challenge **negative thought processes** that they may have developed.

The key questions to test your thoughts

Work through the questions with a friend and each identify a negative thought that you need to challenge. Swap roles with one asking the questions and the other answering them.

What is the evidence for this thought?

What is the evidence against this thought?

What would my best friend say if they heard my thought?

What would my teacher say if he/she heard my thought?

What would my parent/carer say if they heard my thought?

What would I say to my best friend if he/she had this thought?



Am I making any thinking mistakes?

Examples of thinking mistakes:

Blowing things up, forgetting my strengths or good points, self-blaming or predicting failure/thinking I know what others are thinking.



For more activities

This activity is taken from **60 Motivational Minutes** by **Dr Tina Rae**. Please visit nurtureuk.org/publications/practical-tools to see the full range of publications designed to increase children's mindfulness and improve wellbeing.

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