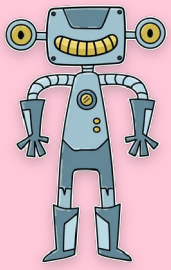
THINKING SHEET · FEELINGS AND KINDNESS

Swap the Thought

Your brain says things to you. Swap the unhelpful ones for helpful ones!

Name: _____ **Date:** _____



Unhelpful thought → helpful thought

Unhelpful	Helpful swap
I'm bad at this.	
Everyone is better than me.	
I'll never get it.	
This is too hard.	
I made a mistake, so it's ruined.	
My own:	

Draw your brain saying a helpful thought

A thought I want to swap this week:

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