

### **Thoughts**

- Negative and self-critical.
- I'm so stupid, I'm worthless, It's my fault, I'm a failure, I'm not good enough, I'm incompetent.

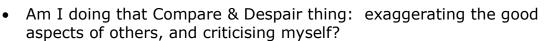


#### **Emotions**

• Anxiety, Depression, Anger, Frustration, Guilt, Shame

### **Thinking Differently**

- There I go listening to that self-critical voice again. Is that how it really is? Is this fact or opinion?
- Am I focusing on the negative, putting myself down? What would be more realistic?



- What's the bigger picture? Is there another way of looking at this?
- How would someone else see it? What would a friend say to me in this situation?
- What would I think about someone else in this situation? What would I say to a friend?

## Doing things differently

- Act the person you want to be. Use a role model (real or imagined).
- Stand, walk and talk confidently (in spite of how you feel).
- Look after yourself eat healthily, exercise, do more things you enjoy doing.
- Reward yourself for achievements and successes however small.
- Acknowledge your strengths start by writing out a list of things you're good at, or what others have said or say about you.
- Thank others show your appreciation.
- When helping others: set limits make it clear what you're able or not able to do. Consider how it will affect you, others and the situation.
- In any situation where you lack confidence: choose to do the best thing. What's going to be most helpful and effective?

# Imagine...

In your mind's eye, visualise yourself competently and confidently doing and enjoying the things you would like to enjoy doing, and successfully doing what you need to do.

**Visualise orange for positive energy and self-confidence.**Breathe in orange, and breathe out blue/black.



