

# The Amazing **Bad-Thought-Busting** Programme

Sheet 1

**1. Label it**

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**2. Leave it**

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**3. Stand up to it**



# The Amazing Bad-Thought-Busting Programme

Sheet 2

## 4. Give yourself a break

What would someone who  
really loved you say?

## 5. Look at it differently

- Give yourself the advice  
you'd give a friend.
- Ask yourself if it will matter  
in six months.
- What would other people say?

