

What Should I Say?

Our automatic thoughts and responses can be unhelpful, harming how we react to situations and our cognitive, emotional, and behavioral responses.

Use the table below and consider the following two columns.

- On the left-hand side is a list of typically negative thoughts – add new ones as you come across them.
- Rewrite each statement using more positive words and place it in the right-hand column.

My negative thought	What I can say instead
I am useless at doing this	For example, <i>I am new to this, but with help and hard work, I will soon learn.</i>
No one likes me	For example, <i>These people don't know me yet, but I have plenty of other friends.</i>
This is too difficult for me	
Everyone else is better than me	
I'm such a loser	
I get everything wrong	

My negative thought	What I can say instead
This is all my fault	
Asking for help is embarrassing	

In the future, try to replace each negative thought with more positive ones to build an increasingly helpful and positive mindset and a growth outlook.

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