

Review each one below:

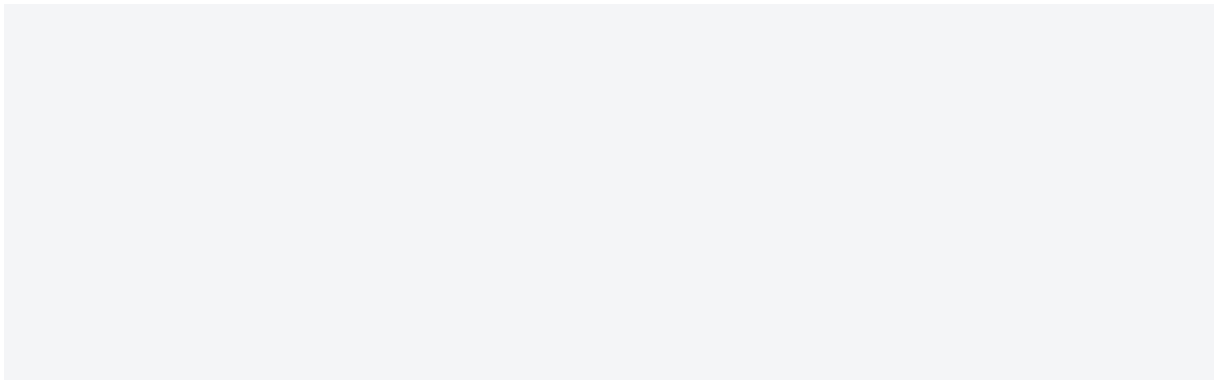
What is the thought?

What evidence do you have for this belief?

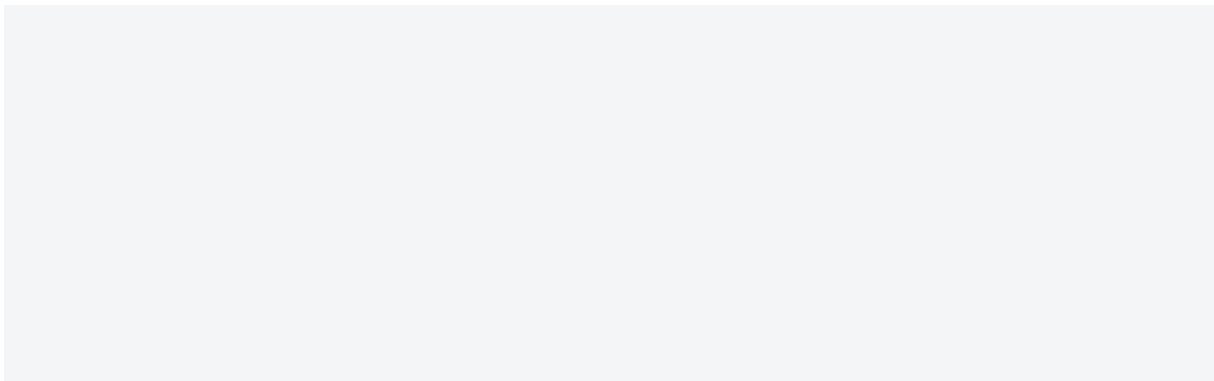
What evidence do you have against this belief?

How logical is this belief based on your experiences?

How helpful is this belief? What impact could it have on you and your life?



What alternative ways of thinking are there?



References

- Adams, M. (2016). *Coaching psychology in schools: Enhancing performance, development and wellbeing*. London: Routledge, Taylor & Francis Group.

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