



# Challenging my own thoughts

Who is this resource aimed for?

This is a primary resource that may not feel very confident and may low self esteem

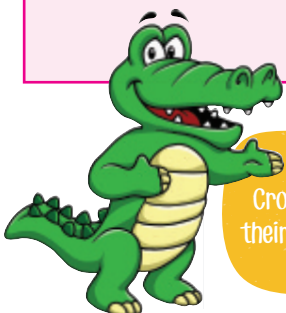
Some people have automatic negative thoughts about themselves. These are ideas, images or thoughts that pop into their head. Have a look at Crosby who often has negative self-thoughts.



Challenging these thoughts can be very difficult and you have to first notice these thoughts when they pop into your head. One thing that may help is keeping your own automatic thought diary.

## My automatic thought diary

| My thought      | What I was doing                  | What could be a different thought?                     |
|-----------------|-----------------------------------|--|
| I can't do this | My teacher told me to do my maths | This might be difficult but I am going to ask for help |
|                 |                                   |  |
|                 |                                   |  |



**Crocodile fact**  
 Crocodiles release heat through their mouths rather than through sweat glands