

The Girl Who Never Made Mistakes

It is normal to have unhelpful thoughts about making a mistake. What are some unhelpful thoughts you have about yourself when you make a mistake?



1. _____
2. _____
3. _____

Now that we have thought about unhelpful thoughts, what can we say **INSTEAD** of those unhelpful thoughts? Come up with an "alternative thought" (a helpful thought) for each of the 3 unhelpful thoughts you wrote about above.

1. _____
2. _____
3. _____

What are three things you think you would like to try if you **DID NOT** have the thoughts or worries about making a mistake?

Discuss with a partner.

1. _____
2. _____
3. _____

