



The Do's and Don'ts of Helpful Thinking

Name: _____

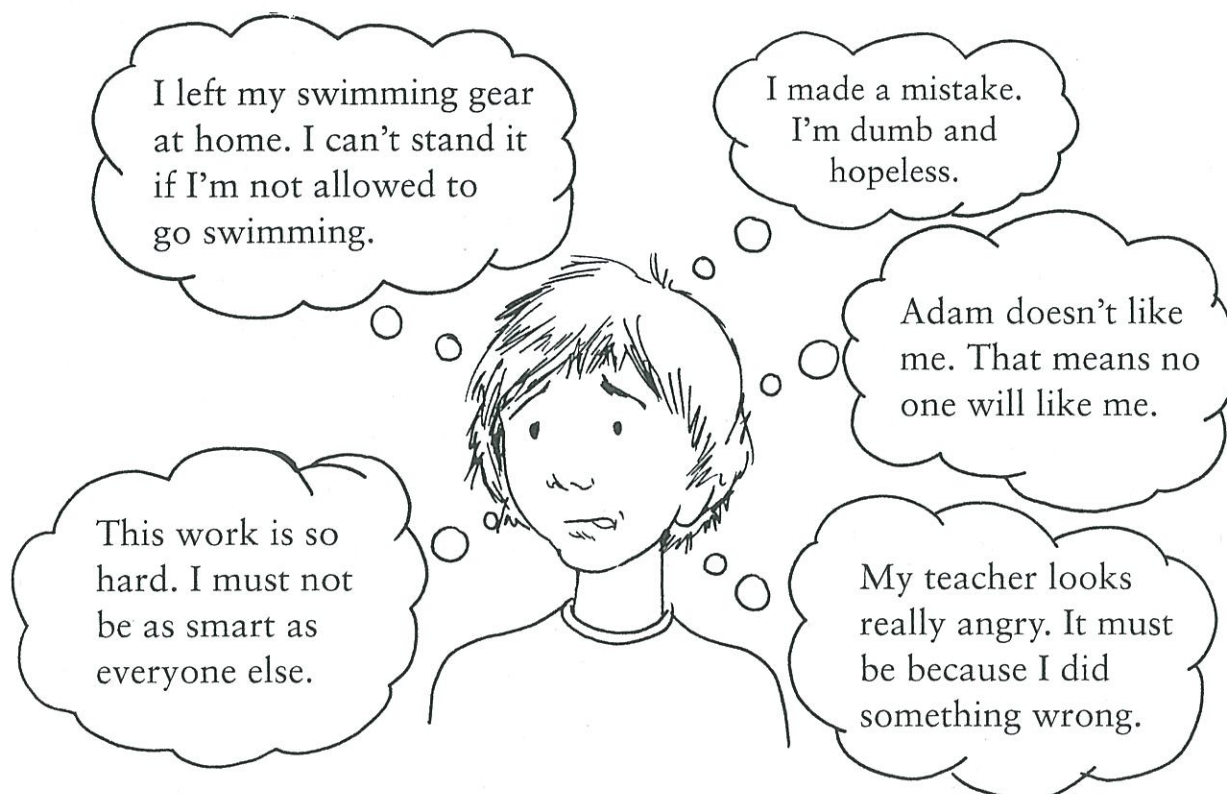
Do's	Don'ts
Get a reality check by talking to someone else before you make a decision.	Don't think your way of seeing things is the only way or that you are always right. That is called "narrow thinking".
Find out how other people <u>really</u> feel and think. Ask them.	Don't try to mind-read.
Check your facts. Look for proof.	Don't jump to conclusions.
Change what you <u>can</u> change.	Don't think you can change everything. Some things can't be changed.
Focus on the future instead of the past.	You can't go back and undo something once it has happened.
Accept that mistakes happen if you are learning something. Everyone makes mistakes.	Don't think that mistakes or failures are a sign that you are dumb or hopeless. This is called "self-downing".
Accept that you can't have everything you want. It's not the end of the world if you are sometimes disappointed.	Don't get angry when you don't get your own way or you are disappointed.
Understand that something unpleasant can just happen once and never again.	Don't think that because something has happened once it will happen again and again. This is called "generalising".



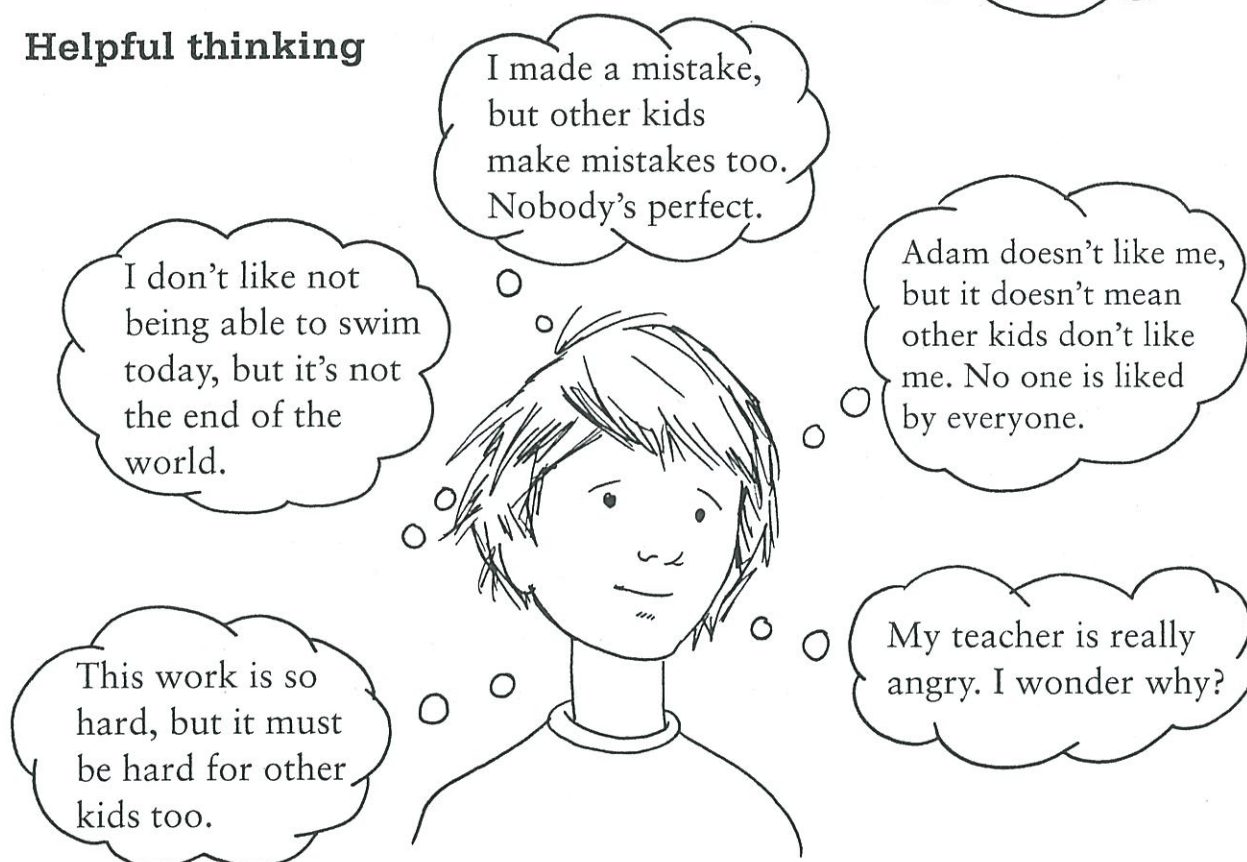
Unhelpful and Helpful Thinking

Name: _____

Unhelpful thinking



Helpful thinking



Reality Checks



BLM
2.4

Name: _____

Double checking: Have I got my facts right? Have I made mistakes?

This means going over things to make sure you've got things right (e.g. re-checking your answers in a maths test, re-checking the motel room where your family stayed before you leave in case you've left something). It can also mean getting someone else to check for mistakes you might have made (e.g. getting someone to proofread your work, scuba-diving partners cross-checking each other's diving equipment).

Looking for new information

This means getting more facts to help you deal with something. For example, you could read books, watch documentaries, access the internet or talk to experts (e.g. to check the incidence of shark attacks in the area in which you plan to swim).

Looking for evidence to confirm or contradict what you are thinking

This means trying to find supportive evidence to check out your belief or perception about a situation (e.g. if you thought a coach was being unfair to you, you might ask players in his former team about what he was like with them).

Getting a second opinion

This means talking to someone you trust in order to hear how they see things and to find out whether or not they agree with your thinking (e.g. talking to a parent, friend, teacher or counsellor about your career plans or a relationship problem you have).

Testing it out

This means checking out your assumptions by having a go and seeing what happens (e.g. if you are not sure whether a new classmate will want to come to your home, you check it out by asking them rather than spend lots of time worrying about it).

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Write down one example of a time when you have used each type of reality check.

Double checking _____

Looking for new information _____

Looking for evidence _____

Getting a second opinion _____

Testing it out _____

