

THE BRICK WALL METHOD

Small positive changes. One brick at a time.

A practical way to think about thoughts, habits and mental wellbeing.



Presented by:
Brotherhood in arms

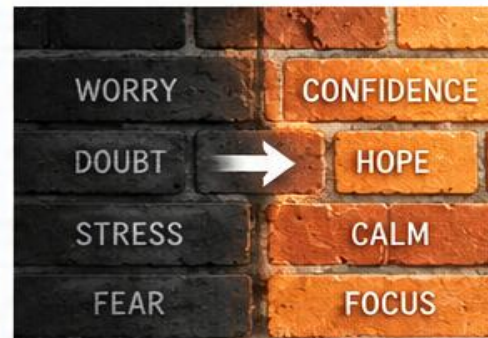


Understanding the Brick Wall Method

SMALL CHANGES • BIG TRANSFORMATIONS

Mental health is often shown as a negative wall — a place of demons, depression and barriers that hold us back.

But a wall is just bricks.
Remove a few, and it can come down.



1 The Negative Wall

Our minds can build a wall of negative thoughts, emotions and experiences. These “bricks” can be things like fear, anxiety, self-doubt, past hurt, stress, negativity and depression.

Over time, they create a barrier that holds us back.

2 Start Small

You don’t have to remove the whole wall at once.

The Brick Wall Method is simple: remove one negative brick and replace it with a positive brick each day. Even one small change can make a difference.

3 Build with Positivity

Each day, you replace a negative brick with a positive one.

A positive brick could be:

- a helpful thought
- a healthy habit
- a kind word
- a goal or achievement
- a moment of self-care

4 The 31 Day Impact

Do this for 31 days and you could have 31 positive bricks or up to 155 positive bricks (1 to 5 a day).

That’s a powerful shift — from a negative, heavy wall to a strong, positive, motivational, stress-free wall in your mind.

5 The Result

Little by little, the wall changes. You build a stronger, healthier mindset — one filled with positivity, motivation, less stress and more confidence.

The same wall that once held you back can now lift you up.

THE BRICK WALL METHOD
IN A NUTSHELL



Remove
1 negative brick

+



Add 1–5
positive bricks

+



Do this for
31 days

=



A stronger,
healthier, positive
mindset

*It's not about
removing your past...
it's about building
your future.*

What can a “brick” represent?

A simple metaphor for the things that shape how we feel and respond.

HEAVY BRICKS

Self-doubt

Stress and worry

Fear of failure

Feeling isolated

Harsh self-talk

POSITIVE BRICKS

Self-kindness

A helpful thought

Asking for support

A healthy habit

A small achievement

The goal isn't to pretend hard things don't exist. It's to notice what isn't helping and practise a more supportive response.

The 31-day practice

Build consistency through small, repeatable actions.

1

Notice

Identify one thought, habit or reaction you would like to work on.

2

Replace

Choose one positive brick: a helpful thought, a kind action or a healthy habit.

3

Repeat

Practise daily. If it helps, add up to five positive bricks across the day.

31 days × 1 positive brick a day = 31 opportunities to practise.
31 days × 5 positive bricks a day = up to 155 opportunities to practise.

What does a positive brick look like?

Keep it realistic. Small steps count.

THOUGHT

“I can take this one step at a time.”

ACTION

Take a short walk or a few slow breaths.

CONNECTION

Message someone you trust.

BOUNDARY

Give yourself permission to pause.

REFLECTION

Write down one thing you handled today.

You don't have to feel positive all the time. The practice is about making room for helpful choices alongside difficult feelings.

ONE BRICK AT A TIME

You don't have to rebuild everything today.
Choose one small, positive step — and begin there.

HOPE

SUPPORT

COURAGE

KINDNESS

PROGRESS

The Brick Wall Method is a wellbeing practice, not a promise of a cure or a replacement for professional mental health support.

[Company website] • [Contact details]

© 2025 Brotherhood In arms cic. All rights reserved.

The Brick Wall Method™ is a mental wellbeing approach developed by the Chairman of brotherhood in arms cic.

The original written materials, presentation content, illustrations and branded resources may not be reproduced, republished, adapted, distributed or used commercially without prior written permission, except where permitted by law.

For training, partnership, licensing or permission enquiries, please contact Brotherhood in arms via their website tbh21.co.uk

The Brick Wall Method is a wellbeing framework and is not a substitute for professional mental health assessment, treatment or support.

