

Do you have a Brain Bully?

A Brain Bully is a bully that lives in our minds and tells us unhelpful things which can make us feel sad, worried and distressed. This can stop us doing certain things or getting the most from life. Just like any bully, you shouldn't have to put up with a Brain Bully!

You're stupid
You're not good enough
Those people are talking about you
You will fail
Others are better than you
If you don't move that thing, something bad will happen



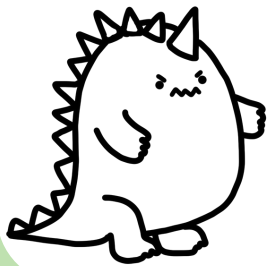
Everyone's Brain Bully is different and will tell us different things.

What does your Brain Bully look like and what does it tell you?



Stand up to your Brain Bully.

The things Brain Bullies say to us are usually unhelpful **OPINIONS** and are not based on facts or evidence. We can therefore stand up to our Brain Bully by thinking about the **FACTS**.

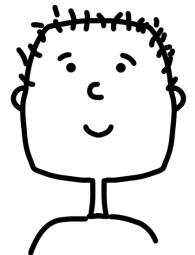


Opinions

You will fail
Others are better than you
They looked at you funny

Facts

I have revised and will do my best
Everyone is good at different things
They were just looking in my direction and if they did look at me, why does it matter?



Challenge your Brain Bully.

We can also challenge our Brain Bully by testing out whether the things it says to us are true or not. We can do this using **EXPERIMENTS**.

- Brain Bully: If you don't put that pencil straight, something bad will happen.
- Experiment: I left the pencil where it was and didn't do what my Bully told me to.
- Results: Nothing bad happened.
- Use the results to challenge the Bully in the future: I don't need to move the pencil because nothing bad happened last time. Brain Bully, you're wrong!

Plan your own experiments to challenge your Brain Bully.

It's all linked

Thoughts

Stand up to and challenge the Brain Bully and think more helpful thoughts



Do
Do more and get more from life

Feelings
Feel better, happier and calmer

Stand up to your Brain Bully's opinions by thinking about the facts and use experiments to challenge your Brain Bully. By doing this, you can send your Brain Bully packing!

