

Alternative Thinking

Alternative thinking helps us replace negative thoughts that can hold us back, with ***positive thoughts*** that can help us overcome our fears.

Good questions to ask yourself are:

- *Are these my emotional fears?
- *Where do these fears come from?
- *What's the evidence that makes this thought true?
- *What's the evidence that makes this thought false?

Alternative Thinking

Negative thoughts

***Example: I'm worried people
won't like me when they meet
me.***

Positive Thoughts

***Example: I want to
remember that people
usually like me. I am kind, a
good friend and I love who I
am!***



Alternative Thinking

Negative thoughts

Positive Thoughts








