

Template :

Changing Unhelpful Self-Talk Into helpful Conversation

BLUE HORIZON
COUNSELLING



Situation:		
1. What do you tell yourself?	2. What do you feel?	3. If you think and feel this way what are you going to do next?
4. What can you tell yourself that can be more positive or encouraging (kind or compassionate)?	5. How does it feel now?	6. How likely are you to take risks and to tackle a challenging situation now?