

## To what extent do you agree with each statement?

Give each statement a rating from 1 to 10 and note this down.

<b>AGREE 10</b>	<b>A</b>	People can improve at anything if they work hard enough at it.
	<b>B</b>	Making mistakes is embarrassing so it's best to be sure of the answer before suggesting something.
	<b>C</b>	If someone has to try very hard at something, it's because they don't have natural talent and they are wasting their time.
	<b>D</b>	Most successful people have created their own luck.
	<b>E</b>	If someone knows a project will be a challenge as it doesn't suit their style of working, it's best to find something else to work on.
<b>DISAGREE 1</b>		

© PSHE Association 2020

A: \_\_\_  
 B: \_\_\_  
 C: \_\_\_  
 D: \_\_\_  
 E: \_\_\_

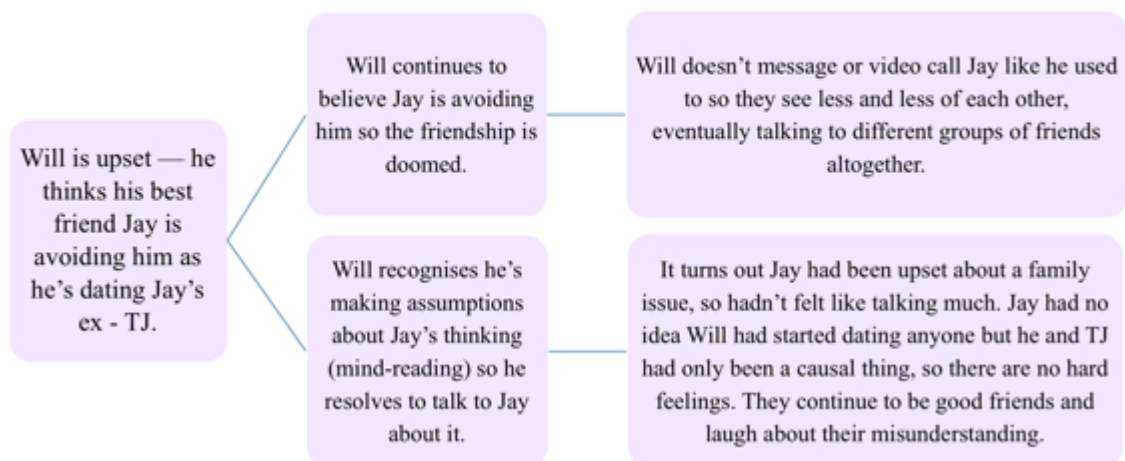
## Which descriptions match the term?

Can you identify the related example of self-talk?

Term	Description	Example
Personalising	When a person gives themselves a negative name or quality	<i>Suzie hasn't messaged me this morning – I must have done something wrong.</i>
Mind reading	When a person thinks they know what someone else is thinking	<i>I bet they all think I'm a complete idiot for failing that test.</i>
Labelling	When a person assumes something is their fault	<i>I'm so useless!</i>

Term	Description	Example
<b>Fortune telling</b>	Making big judgements based on small, one-off events	<i>I've done so badly on my vocab today – I'm bound to fail my Spanish GCSE.</i>
<b>Catastrophising</b>	When a person assumes they know how things will turn out	<i>I never score a goal so there's no point in even trying.</i>
<b>Overgeneralising</b>	Assuming the worst possible outcome	<i>If they say no, everyone will think I'm 'undateable' and I'll be alone forever.</i>
<b>All or nothing thinking</b>	When a person tells themselves how they 'should,' 'must' or 'ought' to be/feel/do	<i>This week I spoke to loads of mates but my best mate hasn't called me so it's ruined my week.</i>
<b>Should statements</b>	Focussing on the negatives of a situation and missing the good that comes from it	<i>I set myself a goal to write something every day, but today I didn't manage it because I felt tired – I should just stop writing.</i>
<b>Filtering</b>	Seeing things in 'black and white' terms – success or failure, good or bad	<i>I shouldn't do that or people won't like me.</i>

**There are alternatives to negative thinking patterns that can help to increase the likelihood of more positive outcomes**



## Your turn!



### **Create a script or storyboard which gives two endings:**

- one where a character has negative thinking patterns
- another where the same character has positive thinking patterns.

Use the story board provided or make your own! Complete the storyboard below by finishing each sentence in the boxes and drawing what you think might happen at each stage. You might want to draw speech or thought bubbles to show what each character might be saying, thinking and feeling.

Aleema was upset because she had a row with her friend Dina.	She started to worry that their friendship was ruined and Dina would never talk to her again.	But then she realised that she was using a negative thinking pattern called _____.
Aleema decided to...	Dina said that...	In the end...