

Unhelpful thought	Helpful thought
“This is too hard for me.”	This is new, and I am learning.
“I am the worst at this.”	I’m not the best at it, and I’m not the worst either. I am somewhere in between.
“I’m a bad person.”	I have value. That’s something I would tell someone I care about.
“I made a massive mistake and everyone saw it. “	I had a human moment. Even if someone noticed, I know they’ve made mistakes too. No one will remember tomorrow.
“I can’t do this.”	I can do this, but I might need to step back and take a breather first.
“I am not good enough.”	I am good enough; it’s just that my imposter syndrome is making me feel like I’m not.
“Nobody likes me.”	I am loved by my friends, my partner, my parents, my pets...
“I’m alone.”	I’m not alone; I have myself.
“I’m a failure.”	If I didn’t make that mistake, I wouldn’t have known how to grow. I know what to do differently next time.
“I’m having a breakdown.”	This feels like a breakdown, but it might be part of a breakthrough.