What would your best friend say?

When you notice unhelpful thoughts racing through your mind, ask yourself what someone else would say if they heard you thinking like this?

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| What thoughts are you having? |
| What would your best friend say if they heard you thinking like this? |
| What would someone you respect (parent/carer/teacher) say? |
| What would I say to my best friend if I heard them thinking like this? |

Is there a different and more helpful way of thinking about this?