



How do you feel...

You think you are ugly

A helpful thought is...

How do you feel...

**You lost your best friend
because of a fight**

A helpful thought is...

How do you feel...

**You think no-one could
like you**

A helpful thought is...

How do you feel...

Someone called you stupid

A helpful thought is...

How do you feel...

**Everyone else is
cleverer than...**

A helpful thought is...

How do you feel...

**Your friends didn't
stick up for you**

A helpful thought is...

How do you feel...

There's a rumour that...

A helpful thought is...

How do you feel...

**You think you will never
be any good**

A helpful thought is...

How do you feel...

**You always make
mistakes**

A helpful thought is...

How do you feel...

**You think everyone
is laughing at you**

A helpful thought is...

How do you feel...

Your hair is always stupid

A helpful thought is...

How do you feel...

**You have to give a talk and
you think you'll mess it up**

A helpful thought is...

How do you feel...

**You think everyone
is watching you**

A helpful thought is...

How do you feel...

**Someone gave you a
dirty look**

A helpful thought is...

How do you feel...

**Your parent never let
you do anything**

A helpful thought is...

How do you feel...

You always say stupid things

A helpful thought is...