**Activity: Cognitive restructuring (1) (Adapted from Castle and Buckler, 2018: 355)**

Follow the instructions below, decide how many of them are in your control and work on putting positive, restructured statements in place to overcome any challenges you have identified.

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| 1 | Recall some aspect of your teaching experience in which you felt you could have produced a more successful performance. This could be working with students, or planning, preparation and assessment time. |  |
| 2 | Write down what you did, what you felt and what you said. Look critically at your narrative for negative thoughts. How could you change some of the negative thoughts? Are there some areas where you are thinking positively? |  |
| 3 | List ten of your most common thoughts when you engaged with teaching. |  |
| 4 | Look at the list you have produced. Have you focused on issues within or outside of your control? |  |
| 5 | For every thought write a positive ‘self-affirmation’, or a self-focused, statement. |  |
| 6 | All you need to do now is to recognise when this occurs and insert the new positive thought in its place! |  |