**Activity: Cognitive restructuring (2) (Adapted from Castle and Buckler, 2018: 355)**

Consider how the following self-defeating thoughts can be transformed into self-enhancing thoughts:

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| **Self-Defeating Thought** | **Self-Enhancing Thought** |
| I have the term’s planning to complete. | Planning takes time but if done properly now, it will make the term easier. |
| That was stupid of me! | Ease off. Everyone makes mistakes.  Shrug it off and put your mind on what you want to do. |
| I have no time to do this! | I can arrange my time more efficiently to ensure I can fulfil all my tasks. |
| I can’t concentrate. | I will go for a walk or get some exercise then I will be invigorated to get back on with the task. |
| I don’t want to take the additional role of maths coordinator, because of my existing workload. | I have many things to focus on. My workload will change if I take the maths coordinator role and negotiate reductions elsewhere. |

Next, list some of your own self-defeating thoughts. Transform these into self-enhancing thoughts in the second column.

|  |  |
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| **Self-Defeating Thought** | **Self-Enhancing Thought** |
|  |  |

Finally, write your self-enhancing thoughts in these thought bubbles: