

If you could learn to catch your negative thinking in the early stages, check it over against the actual situation, and change it to something more realistic and positive, how would your life be different? What would you be able to do that you can’t do now?

List five actions you have found helpful in catching, checking and changing your negative self-talk.

- 1.
- 2.
- 3.
- 4.
- 5.

Notes from small group discussion:

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