

SUPPORTING CHILDREN TO REWIRE AN AUTOMATIC INNER-CRITIC

Why does bad stuff always happen to me?

It's always me, I always cause problems.

I know I can't do it, I'm no good at anything like that.

Now I've ruined everything and no one will want me around.

I shouldn't have made that mistake.

What if it goes wrong and everyone laughs at me?

She always tries to control me!

Everyone's always out to get me.

No one likes me.



HELP CHALLENGE FIXED MINDSET THINKING.

What would be the best possible outcome here?

Are you 100% sure your information is true?

If the worst outcome actually did happen, how could we deal with it?

Is there anyone who you could ask for help?

If your best friend said that to you, what would you say?

Is there another possible outcome?

How can we make your thoughts more helpful?

What would the people who care about you say?