

Appendix 3. Self-critical thoughts ([Module 2](#))

Instructions

Many of us are quietly hard on ourselves. We walk around with an inner critic, telling us we're not 'good enough' and never amount to anything. For example, if your friend had the thought "Nobody likes me," your friend probably wouldn't be eager to go out and talk to people.

1. Work in groups of 3 – 4. Lay the cards on the table in the middle so that you cannot see the text.

2. Take turns to take a card and read it aloud to others. Then, discuss:

- What would happen if you/your friend firmly believed in that thought?
- How could you take distance from that thought?

Remember that thoughts are just words, and we should not always believe in them or act on them.

"Nobody likes me."

*"Others are better
than me."*

*"Others look better
than me."*

*"I can't do anything
right."*

"I fail at everything."

*"I am bad at
school/sport etc."*

*"I should have studied
more for that exam.
I'm such an idiot."*

*"I always mess things
up."*