



Battle for the Mind Handout



Self-talk

We all talk to ourselves in thought a great deal.

What we think has a big impact on our physical and mental health

Thinking → Feelings → Behaviour

Your thinking will affect your feelings; your feelings will determine your behaviour.

Our thoughts/beliefs about things that happen to us are affected by things like

1. Misunderstandings / not knowing all the facts
2. Our past memories and experiences
3. What we see, hear, read on TV, papers, books etc
4. Going through a hard time e.g. school pressures, family breakup
5. The goals which are important to us in life

Goals

Do the goals that you aim for in life ever become -

1. Unreachable
2. Uncertain
3. Blocked

Negative thoughts lead to powerful negative emotions especially

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|---------------------|------------------------|
| 1. Fear/anxiety | 5. Feeling inferior |
| 2. Shame/guilt | 6. Feeling unimportant |
| 3. Anger | 7. Feeling isolated |
| 4. Feeling unwanted | 8. Feeling rejected |

Examples of unhelpful thoughts/beliefs

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|--|---|
| 1. I'm completely useless | 9. I must get things right first time |
| 2. I must do everything 'perfectly'. | 10. I must win / be the best at ... |
| 3. I have to please everyone | 11. If I look silly or fail, I couldn't handle it. |
| 4. I should be able to... | 12. If I hurt someone, nobody will like me ever again |
| 5. Other people ought to... | 13. People should listen to me |
| 6. I should be like everyone else | 14. If I make a mistake, no one will like me |
| 7. Things must go the way I expect. | |
| 8. If I am criticised = people don't like me | |

- Identify some of the unhelpful/ negative thoughts and beliefs that you have.
- How do you think they affect you?
- What 'antidotes' or positive thoughts can you think of to help you fight these?
- On the other side of this handout draw or copy a picture that could help you.