

Flip The Script

We all have our inner voice that tells us when we've done something well or we're proud of ourselves. But this voice can also give us messages like we're not good enough or everything we do is wrong.

When we notice those negative thoughts, we can try changing those negative messages for positive ones. For example 'I'm so stupid for getting that wrong' can become 'everyone makes mistakes, and that's okay.'

Negative Thought

Positive Thought



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Negative Thought

Positive Thought

