

WORKSHEET 4.4: HELPFUL THOUGHTS AND UNHELPFUL THOUGHTS



INSTRUCTIONS:

Helpful thoughts help us to feel more positive about our lives - they give us energy and hope. Unhelpful thoughts can make us feel more negative - they can make us depressed or tired. Try to think of some helpful or unhelpful thoughts that you may have and list them in the boxes below.



HELPFUL THOUGHTS	UNHELPFUL THOUGHTS