

# NEGATIVE AUTOMATIC THOUGHTS

These are negatively framed interpretations about what we think is happening to us.

They impact our mood and feelings in a negative way. It is absolutely normal to have negative thoughts but when they impact our daily life we might need some help to manage them

## POSITIVE AFFIRMATIONS

Replace your negative thoughts with positive ones.

These statements can be extremely helpful when used regularly.

Try writing some down and sticking them around your study space.

Example of Positive Affirmations:  
'I AM GOOD ENOUGH'. 'I AM BRAVE', 'I AM KIND'.



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