



Worksheet – Activity 5 – Managing thoughts

Step 2: The cognitive triangle

Name: _____ Date: _____

1

The event/situation what happened?
My team wins a big rugby final and I score the winning try

2

What did you do?
Jumped in the air / Screamed
Hugged my teammates / Cried

3

What were you thinking?
I can't believe I just did that
I'm a legend / This is amazing

4

What were you feeling?
Happy / Proud / Excited / Confident / Elated



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Step 3: Reframing thoughts

Catch it, check it, change it

Name: _____ Date: _____

Catch it	Check it	Change it
<p>Notice the negative or unhelpful thought or thinking process in the scenario. Ask yourself – “What is the mind saying or getting caught up in?”</p>	<p>Imagine this is you - Is thinking this way realistic or helpful? – what concrete evidence could you consider to support or oppose the thought?</p> <p>Is thinking this way logical – does it make sense?</p> <p>Can you identify what the thinking traps is?</p> <p><input type="checkbox"/> All or Nothing</p> <p><input type="checkbox"/> Mind reading</p> <p><input type="checkbox"/> Personalising</p> <p><input type="checkbox"/> Labelling</p> <p><input type="checkbox"/> Shoulds</p> <p><input type="checkbox"/> Negative filter</p> <p><input type="checkbox"/> Fortune Telling</p>	<p>What is a more realistic, logical and helpful way of thinking about this?</p>

In pairs, read the scenario your teacher assigns. Reflect on the connection between the thought, feelings and behaviour. Then try to use the ‘catch it, check it, change it’ questions to reframe the thought in the scenario. After you have reframed the thought reflect again on the new possible feeling, possible behaviour.

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Step 3: Reframing thoughts

Catch it, check it, change it

Scenario	Examine the Thought – Catch it, Check it and Change it.
<p>Example Henry's thought: "I feel like I have to change who I am to fit in with everyone else." Before: What is the possible feeling, possible behaviour? After: Now what is the possible feeling, possible behaviour?</p>	<p>Catch it Henry is assuming that people won't accept him for who he is. He feels insecure.</p> <p>Check it Possible Thinking Trap: 'Mind Reading.' Why: Henry assumes he knows what others are thinking, believing that they won't accept him as he is.</p> <p>Change it Everyone is different, and that's what makes people interesting. I don't need to change myself to fit in – the right people will accept me for who I am.</p>
<p>Abby's thought: "Everyone looks so perfect on social media. I'll never be like that." Before: What is the possible feeling, possible behaviour? After: Now what is the possible feeling, possible behaviour?</p>	<p>Catch it</p> <p>Check it</p> <p>Change it</p>
<p>Cillian's thought: "I have so much to do, and I'll never get it all done." Before: What is the possible feeling, possible behaviour? After: Now what is the possible feeling, possible behaviour?</p>	<p>Catch it</p> <p>Check it</p> <p>Change it</p>

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Step 3: Reframing thoughts

Catch it, check it, change it

Scenario	Examine the Thought – Catch it, Check it and Change it.
<p>Brendan's thought: "I have so much pressure to do well in school. I'll never be able to keep up."</p> <p>Before: What is the possible feeling, possible behaviour?</p> <p>After: Now what is the possible feeling, possible behaviour?</p>	<p>Catch it</p> <p>Check it</p> <p>Change it</p>
<p>Hazel's thought: "I hate the way I look. I'll never feel confident in my body."</p> <p>Before: What is the possible feeling, possible behaviour?</p> <p>After: Now what is the possible feeling, possible behaviour?</p>	<p>Catch it</p> <p>Check it</p> <p>Change it</p>
<p>Alex's thought: "My parents just don't understand me. We always end up arguing."</p> <p>Before: What is the possible feeling, possible behaviour?</p> <p>After: Now what is the possible feeling, possible behaviour?</p>	<p>Catch it</p> <p>Check it</p> <p>Change it</p>