

Catch it, check it, replace it

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| Unhelpful thought | Challenge the thought | Replace with a more helpful thought |
| e.g. What if I can’t catch up with my schoolwork | Remember that lots of pupils are in the same boat  I guess I could try my best to do what work I can now | I will always have support from my school and friends to help catch up on anything important that I’ve missed |
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| Questions to consider when challenging unhelpful thoughts: |
| * What would you say to a friend who had this thought? * What are the pros and cons of thinking this way? * How will you feel about this thought in 6 months? * Is there another way of looking at this situation? |