

Changing Negative Processes Into Positives

WE ALL MAKE MISTAKES... AND SO WE SHOULD!

Making mistakes can be positive aspects of life if we learn by them. They are reasons for us to gain greater understanding, knowledge, experiences, and to grow as a person.

However, beating ourselves up about our mistakes could likely lead to us making many other mistakes in return. Not to mention all the other negative thoughts and feelings attached each time we **choose** to beat ourselves up.

This task is to help you to adapt your thought processes by using a CBT approach.

Changing a negative thought process into a positive one.

Negative Thinking	My Mistake	Positive Thinking
'I am such a bad parent. Yet again I screamed at my child. I just don't know what to do with them anymore.'	* Doubting my ability. * Lacking self-control. * Not showing positive traits such as empathy, respects, understanding... * Being irrational and not rational.	'I am not a bad parent, there's no such thing as a perfect parent. I know I made a mistake but it is this mistake that I will learn from. I now realise that I need to work on my own anger and my responses.'