

Challenging Assumptions

Activity Duration: 5 Minutes

Suggested Frequency: Daily

Do you find yourself

...assuming the worst in some situations? These thoughts may come in the form of "I will not do a good job" or "He/she will think badly of me". No matter what form your thoughts may take, they can be extremely distressing.



Imagine your friend sharing with you



"I will not be able to do this well. I am incapable, and always mess up the work I do. It will definitely happen again this time round."

How will you respond to your friend?

Share your response in the space below. If possible, give an instance to challenge the assumption they hold.



Now, do the same for yourself

Are your assumptions always true? Think of one instance when things turned out better than you expected, and jot it down.

Even as it is tough...

To be kind to yourself when things are difficult, thank yourself for taking time to do this today. It is often easy for us to criticise and think the worst of ourselves, and not as easy to give ourselves that little bit of kindness which we extend much more readily to our loved ones.

