Activity 9

Challenge Unhelpful Thoughts and Creating Affirmations

Objective:
- Learn to challenge unhelpful thoughts by creating personalized affirmations.

Steps:
1. Think of an unhelpful thought that often crosses your mind.
   - Can you identify:
     i. Evidence to contradict that thought
     ii. Patterns that trigger the thought
     iii. Is it something you would say to a friend
     iv. Benefits/costs of this way of thinking
     v. How will you feel in six months in regard to this thought
     vi. Another way to look at it
   - Example:
     i. Unhelpful thought: “I am fat.”
     ii. Balanced thought: “I have curves in all the right places.”

2. Introduce the idea that affirmations are thoughts that enhance positivity.
   - Show the examples:
     i. I am strong and resilient.
     ii. I will get through this.
     iii. It’s okay not to be okay.
     iv. I am safe.
     v. Tomorrow is another day.
     vi. My mistakes do not define me.

3. Have participants come up with examples in their table groups (or share online via a tool like Mentimeter).

4. Discuss:
   - How could they use these in their daily lives and with their loved ones?
   - How could this be helpful in their work with students?