



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?