

Challenge your beliefs

The way to break out of the negative cycle is to begin to *challenge* negative thoughts, and realise that this is just *one possible* way of thinking, and also that a *belief* is not necessarily a *fact*! Therefore, it's important to *test* your thoughts and see if they are true.

Select your main negative belief and for **1 week** note **any** evidence which suggest s that it's not necessarily true.

Belief:

Evidence that does not support it:

What do you think might be a more balanced thought about your English?