



## Activity 7.9

# Challenge Unhelpful Thoughts and Create 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?