

Challenging a hot thought

The hot thought:

I'm useless

Evidence against the thought

I had a good day today. I got up and got dressed. I did my breathing exercises and took a moment of calm. I left the house without feeling anxious.

People often tell me I am a kind person.

I am a good listener – Susan rang me in tears last night. She felt better after talking to me.

My gran is getting older now and finds it hard to get out. I do her food shopping for her every week.

I have started a night class in pottery. My teacher complimented me last week and I am really enjoying it.