

## EMOTIONAL EDNA

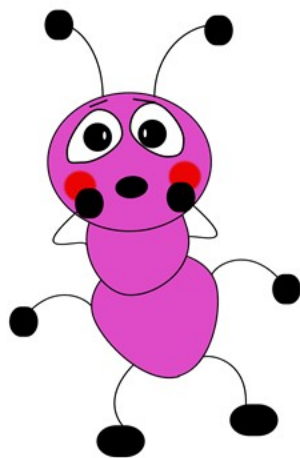
*THINKS WITH HER FEELINGS*

### EXAMPLE THOUGHTS

- I feel hopeless
- I feel ugly
- I feel like a failure

### SQUASH THE ANT

- Question your thoughts
- What evidence is there?
- Feelings can lie!
- Is this fact or opinion?



©elsa-support 2020

## FORTUNE TELLER FELICITY

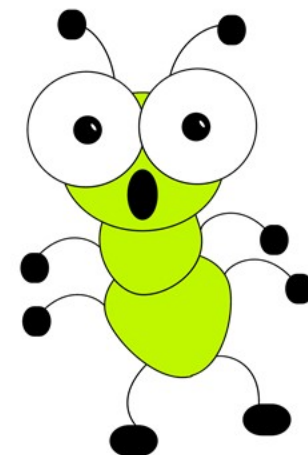
*PREDICTS THE WORST OUTCOME*

### EXAMPLE THOUGHTS

- I won't win the running race!
- He won't play with me!
- I will come last!

### SQUASH THE ANT

- Question your thoughts
- What evidence is there?
- You can't predict the future!
- Is this thought helpful?



©elsa-support 2020

## GUILTY GERTRUDE

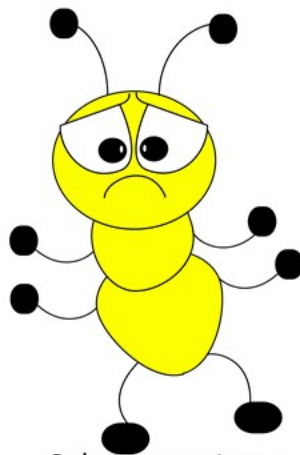
*USES THE WORD 'SHOULD' AND FEELS GUILT*

### EXAMPLE THOUGHTS

- I should have done my homework
- I should have played with my friend
- I should have eaten fruit not sweets

### SQUASH THE ANT

- Identify the 'should'
- You don't need to feel guilty. Let it go!
- Is this thought helpful?
- What is done is done. Move on!



©elsa-support 2020

## ALL OR NOTHING AUDREY

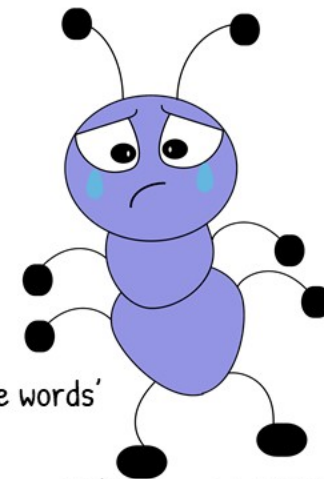
*USES WORDS 'ALWAYS, NEVER, EVERY'*

### EXAMPLE THOUGHTS

- I always lose.
- I never have anyone to play with.
- Everyone hates me!

### SQUASH THE ANT

- Identify the 'always, never, every'.
- Question your thoughts.
- Try adding 'sometimes' instead of those words'
- Is the thought really true?



©elsa-support 2020

## BLAMING BARRY

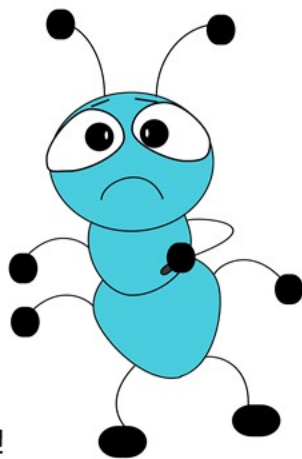
*BLAMES EVERYONE ELSE- USES 'IT'S YOUR FAULT!'*

### EXAMPLE THOUGHTS

- It's your fault I slept in
- It's your fault I didn't win
- It's your fault I feel angry

### SQUASH THE ANT

- Question your thoughts
- Learn to take responsibility for yourself
- Stop blaming other people
- Stop being a victim. You are NOT a victim!



©elsa-support 2020

## MIND READER MAVIS

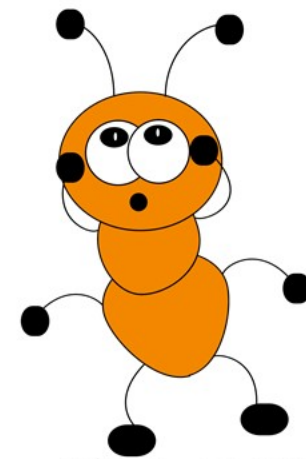
*THINKS SHE CAN READ OTHER PEOPLE'S MINDS*

### EXAMPLE THOUGHTS

- He is definitely laughing about me
- I know she hates me
- I know they are talking about me

### SQUASH THE ANT

- Question your thoughts
- You can't KNOW what someone is thinking
- Try listening and looking to see what else might be happening
- Is this thought really true?



©elsa-support 2020

## LABELLING LAWRENCE

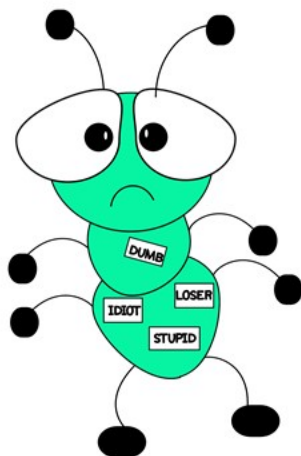
*CALLS THEMSELVES AND OTHERS NAMES*

### EXAMPLE THOUGHTS

- I am just a loser
- She is such an idiot
- I am just thick and stupid

### SQUASH THE ANT

- Identify you are using a name to label yourself or someone else
- STOP yourself and think
- Decide if this is actually true?
- What evidence is there?



©elsa-support 2020

## NEGATIVE NANCY

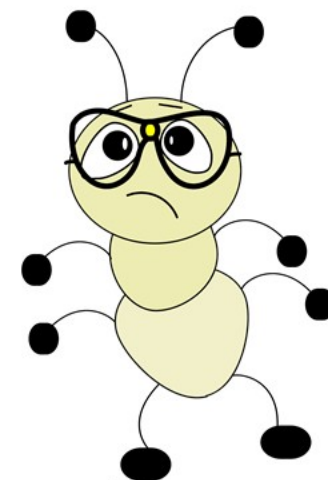
*ONLY SEES THE NEGATIVE, IGNORES THE POSITIVE*

### EXAMPLE THOUGHTS

- I only came second in the running race
- There are only 6 sweets left
- I only got one sticker today!

### SQUASH THE ANT

- Look for the positive
- Is this thought helpful
- How does this thought make me feel?
- How would someone else see this?



©elsa-support 2020