

Thinking Cards and cognitive distortions

Lesson 2

Learning to think accurately

- Aim: to introduce helpful thinking as a way to improve wellbeing
- Objective 1: to be able to give examples of helpful thinking
- Objective 2: to create an accurate thinking plan

Once we know what our inaccurate thoughts are, we can identify facts that challenge those thoughts. We can also use helpful thinking.



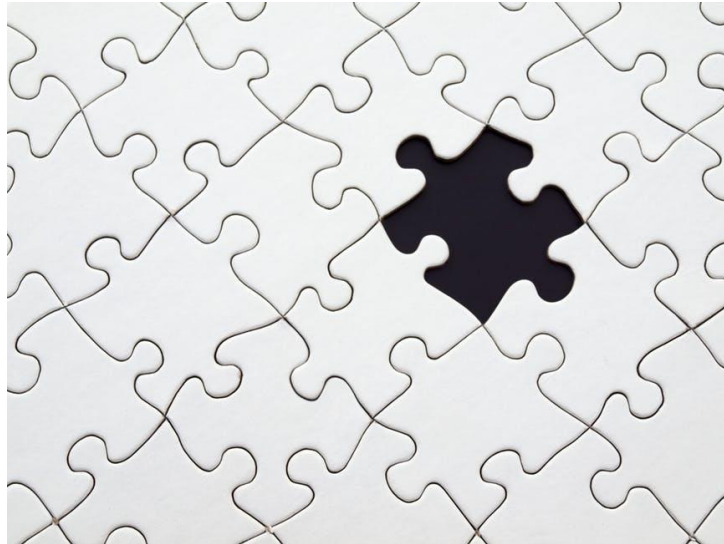
For example, if we magnify a problem then we can check the facts and put the problem in perspective.



We can challenge our thoughts with facts.

We can see if a thought is true, or only a belief.

In this way we get a reality check.

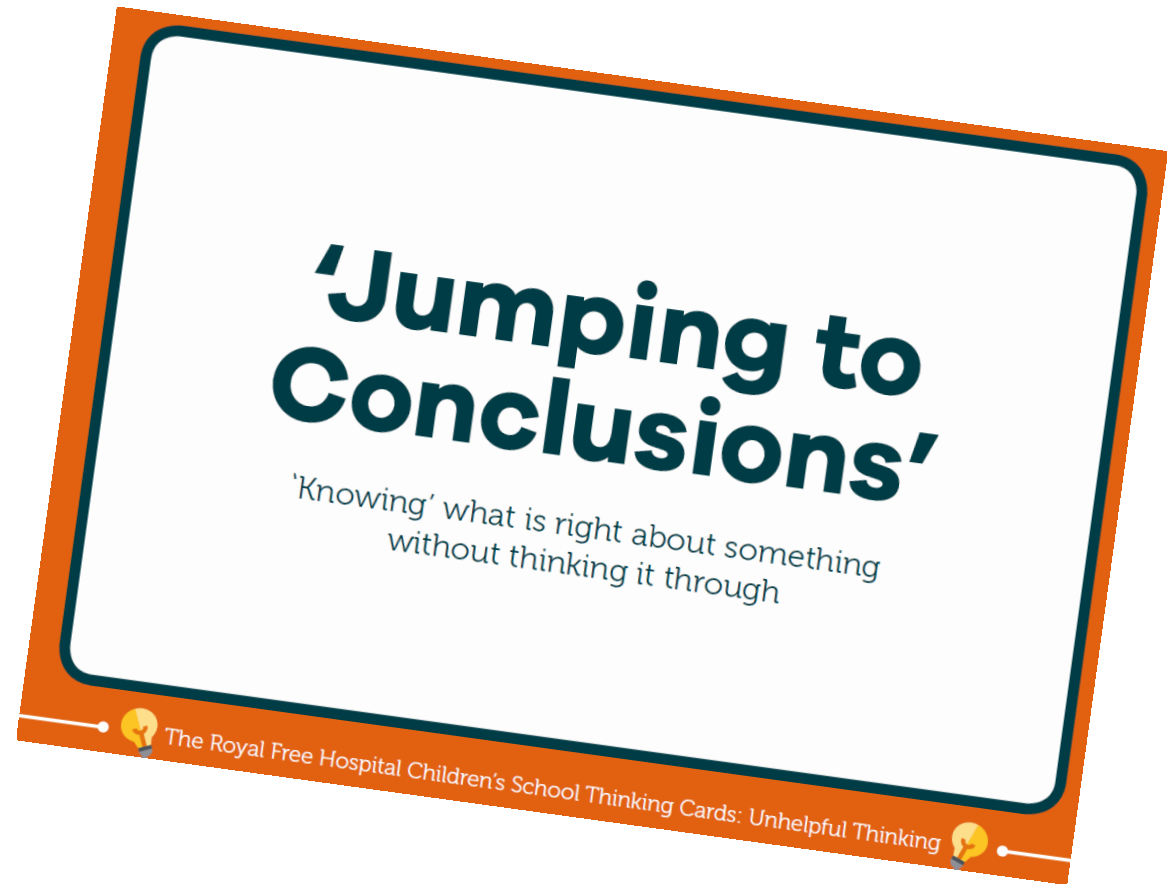


There is helpful thinking we can use to improve our wellbeing.

[Click here to watch videos about Helpful Thinking](#)



Choose one inaccurate thought from last lesson that you will complete a reality check on.



Links to unhelpful thinking videos

[Negative Glasses](#)

[All or Nothing](#)

[Trash Talk](#)

[Kick/Keep](#)

[Magnifying](#)

[Mind Reading](#)

[Blocking the Positive](#)

[Stuck in the future](#)

[Blame Me](#)

[Flooding](#)

[Snowballing](#)

[Nothing can Change](#)

[Jumping to Conclusions](#)



[Being Wrong](#)

Choose one or more Helpful Thinking Cards from the videos to help you with that unhelpful thought.

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'Know your strengths'

Know your strengths and make a point to use them

 The Royal Free Hospital Children's School Thinking Cards: Helpful Thinking 

Links to helpful thinking videos

[Get some Perspective](#)

[Right Here Right Now](#)

[Remix/Rewind](#)

[False Facts](#)

[Talk Yourself up](#)

[Change the Channel](#)

[Breathing Space](#)

[Know your Strengths](#)

[Positive Memories](#)

[Never Give Up](#)

[Senses](#)

[Problem Solving](#)

[Grow your Optimism](#)

Complete the Accurate Thinking Plan.

Accurate Thinking Plan – challenging unhelpful thinking

What Thinking Card/s best describes your unhelpful thought?
When you experience this unhelpful thought/s what kind of thing do you actually think?
What alternative ways can you think of looking at the thought/s?
Are there facts that contradict the unhelpful thought/s you have?