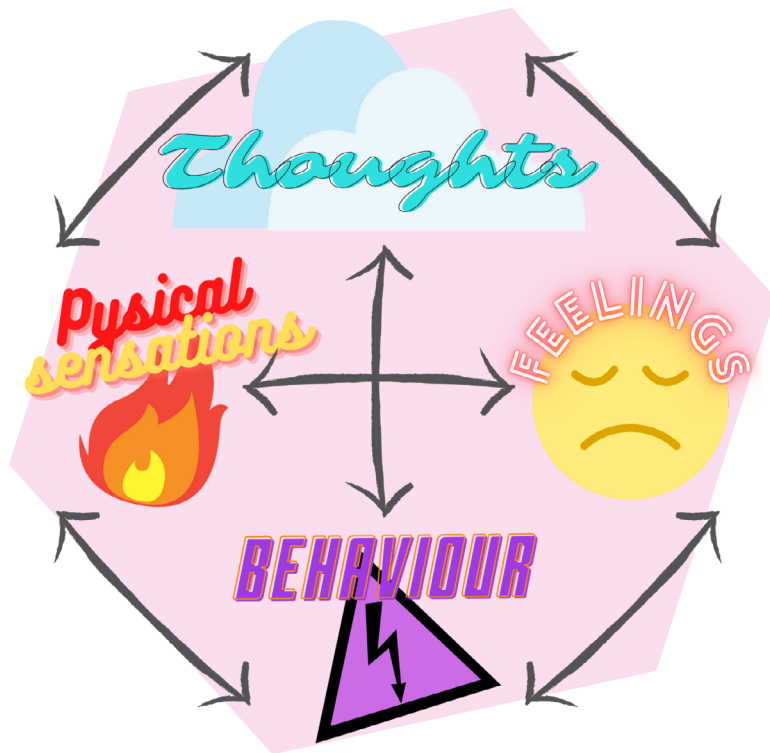


CATCH IT, CHECK IT, CHANGE IT

The way we see the world can affect our thoughts and feelings, and negative thoughts can cause us to feel worried and avoid doing things we enjoy. So, what can we do to help?



HOT CROSS BUN

Do you remember the Hot Cross Bun model on the left? Our thoughts, behaviour, feelings and physical sensations all interact. So, when we have a worrying thought, this can set off a cycle causing us to feel and act in a certain way.

Negative thoughts are often **automatic**, which means we can't stop them from happening. What we can do, however, is to notice them and think about if they are true or not. If we can realise that the thought isn't true, we might feel less worried about the thought, have less uncomfortable physical sensations in our bodies and feel better about doing the things we want to do.

HOW DO I DO IT?



1 CATCH IT

When you feel down or worried, check your thoughts. What are you thinking? Is this making you feel worse? Try writing down just one thought at a time. They are normally in the form of sentences. This part can take a bit of practice.

2 CHECK IT

This is where you really think about your thought. Ask yourself: Is what you're thinking really true? Do you have evidence to back it up? Would others think the same? What would you say to your friend if they had this thought?

3 CHANGE IT

This is where you introduce more realistic thoughts. Think of a new, more balanced thought to replace the negative one. Does this make you feel any different?

4 PRACTICE, PRACTICE, PRACTICE!

This can be tricky and requires some practice. Use the blank diary on the next page to try yourself. Check the page after to see some examples.

CATCH IT, CHECK IT, CHANGE IT

To use this diary, either print and write on the sheet or use your device to type in the boxes. Or, you can create your own diary with the headings. Remember to speak with an adult about trying Catch it, Check it, Change it. It can really help to discuss things! If you need help, contact our [Support Pathway Coordinator](#).



Remember: Practice makes perfect! You may find this process difficult, but make sure you keep trying and it will get much easier. With enough practice, you might even be able to do this in your head!

1

CATCH IT

What is the thought that is causing you trouble?

2

CHECK IT

Is it justified? What is the evidence for/against it?

3

CHANGE IT

What is a more reasonable or balanced thought?

LOOK AT THE NEXT PAGE FOR SOME EXAMPLES

CATCH IT, CHECK IT, CHANGE IT

Here are some examples of how you might Catch it, Check it, Change it.

1 CATCH IT What is the thought that is causing you trouble?

I'm never going to fit in because of my CMN.

2 CHECK IT Is it justified? What is the evidence for/against it?

There is no reason why my CMN would stop me from fitting in. I am funny and that's why my friends like me, they don't care that I have CMN.

3 CHANGE IT What is a more reasonable or balanced thought?

My CMN won't stop me from fitting in or making friends.

1 CATCH IT What is the thought that is causing you trouble?

I won't cope if everyone stares at me.

2 CHECK IT Is it justified? What is the evidence for/against it?

It's normal for people to look at me in the same way that I look at other people, too. They are probably just wondering what my CMN is.

3 CHANGE IT What is a more reasonable or balanced thought?

I feel uncomfortable when people stare but I know I can cope.