



Helpful vs. Unhelpful

Thoughts Sort

Thoughts are things we tell ourselves in our minds. Sort the thoughts into helpful and unhelpful to you.

Helpful Thoughts



I'm doing the best I can!

I'm safe and loved.

Everything is ruined!

Unhelpful Thoughts



I'm so bad at this!

I can try.

Things will work out.

I remember helpful thoughts like these:

