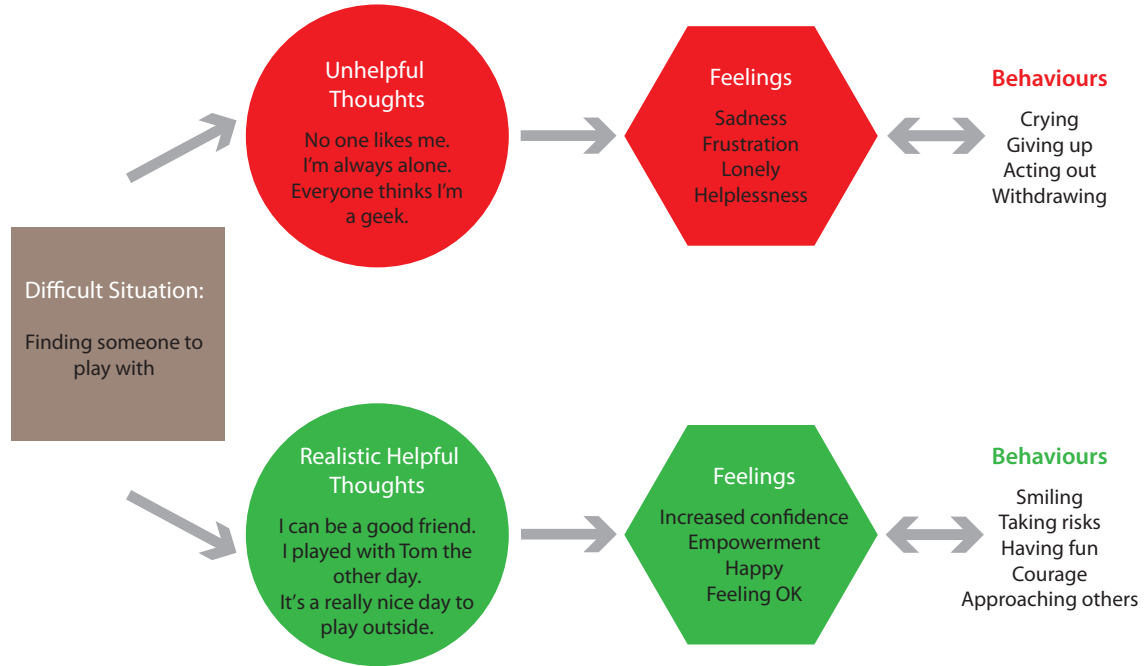# Learning to Think Helpful Thoughts

Have your child explain what unhelpful and and helpful thoughts are to all family members.

Sharing out loud some of your own thoughts helps your child or youth to recognize whether thoughts are helpful or unhelpful.

Encourage your child to focus on the positives of any situation and realistic thoughts.

Changing Unhelpful Thoughts, Increasing Helpful Thoughts

Difficult Situation:

Finding someone to play with

Unhelpful Thoughts

No one likes me.
I'm always alone.
Everyone thinks I'm a geek.

Feelings

Sadness
Frustration
Lonely
Helplessness

Behaviours

Crying
Giving up
Acting out
Withdrawing

Realistic Helpful Thoughts

I can be a good friend.
I played with Tom the other day.
It's a really nice day to play outside.

Feelings

Increased confidence
Empowerment
Happy
Feeling OK

Behaviours

Smiling
Taking risks
Having fun
Courage
Approaching others

Changing Unhealthy Thoughts

Fill in the diagram and learn how to change your Unhelpful thoughts to Helpful thoughts:

Changing Unhelpful Thoughts

Difficult Situation:

Unhelpful Thoughts

Feelings

Behaviours

Helpful Thoughts

Feelings

Behaviours

BC Children's Hospital
Provincial Health Services Authority